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Seve ... ing **dogs, through** ... s, **Dogs, Birds and Poultry**" column for some good suggestions.

Read the "want" classifications and observe how multitudes of people are buying or selling pianos, sewing machines, furniture, **stoves, bicycles, automobiles,** horses, carriages, etc., or exchanging **one for the other.**

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THE DAILY NEWS

COOK BOOK

BEING A REPRINT FROM
THE CHICAGO RECORD COOK BOOK

Seasonable, Inexpensive Bills of Fare For Every Day in The Year

DESIGNED TO FURNISH "GOOD LIVING," IN APPETIZING VARIETY, AT AN EXPENSE NOT TO EXCEED $500 A YEAR FOR A FAMILY OF FIVE; ARRANGED SO THAT REMNANTS FROM ONE DAY CAN FREQUENTLY BE USED WITH MENUS OF THE NEXT

1,100 PRIZE MENUS WITH RECIPES, CAREFULLY INDEXED, THE CREAM OF 10,000 MANUSCRIPTS CONTRIBUTED BY THE WOMEN OF AMERICA TO THE CHICAGO RECORD'S DAILY CONTEST FOR MENUS FOR A DAY

"*Upon what meat doth this our Cæsar feed that he is grown so great?*"
—Julius Cæsar, Act 1, Scene 2.

PUBLISHED BY THE CHICAGO DAILY NEWS CO.

A RECIPE

FOR

Household and Social EASE—

—CRISPO BISCUITS

CRUMB DELIGHTS

First take a package of **CRISPO SODA CRACKERS**, peel off the outside wrapper, remove contents from box, grind or roll fine, mix these **CRISPO** crumbs with anything requiring lightness, daintiness, relish and flavor. Serve on all occasions.



SAWYER BISCUIT COMPANY

CHICAGO

PREFACE.

This is a Cook Book by the people and for the people. The unpublished cooking lore of all sections of our vast country has been drawn upon liberally. By its use families of moderate means can get out of the ruts that lead to dyspepsia through the dead level of monotony. The gastronomic surprise that became so necessary to one of Balzac's characters can be obtained without the aid of a French chef.

These menus were written by a large number of women scattered from ocean to ocean, and from the great lakes to the Gulf of Mexico. The larger part of them have been published in The Chicago Record, and although each was prepared without reference to any other, it is hoped that the daily succession of dishes will be found satisfactory, both from an economic and a gastronomic point of view. An harmonious whole has been produced by inserting the necessary number of reserved manuscripts, and varying somewhat the order of original publication, so that in many cases the remnants from one day's meals supply dishes for the next; the roast, when sufficient is left for the following day, will be found to harmonize, cold, with the rest of the bill of fare, and may be substituted for the fresh meat given.

The aim has been to furnish a great variety of pleasing and nutritious meals, daintily served, that may be used by families whose style of living does not exceed an annual expenditure in provisions of a hundred dollars for each person, where the family numbers four or five or more members. The three Holiday menus —New Year's Day, Thanksgiving and Christmas—are an exception in the matter of expense. The dinners on these occasions are arranged for ten persons, and a cost of five dollars was permitted. All other meals and recipes allow for a family of five. The estimates of cost have been based on the actual state of the Chicago market. In future years the seasonable time for various articles may vary somewhat, or the prices may be higher. In such contingencies most of these menus can be cut down to the appropria-

tion, by those wishing to economize, and still leave an appetizing and wholesome dietary. They may likewise be expanded by the more luxurious.

While a too slavish adherence in detail is not advised, it is hoped that the suggestions for a judicious rotation in diet may be a help to the experienced housewife as well as to the novice, and that she will find her formulae are not necessarily the best way of preparing the various dishes, but only one of a number of excellent ways, whose judicious alternation is best, both for the pleasure and the profit of the eating.

Quantities of salt and pepper when originally left indefinite have been supplied in most instances. In doing this the seasoning has been keyed to the average taste, so that the dishes will be neither flat beyond redemption by cellar and shaker, nor offensive to those who dislike high seasoning.

Mark well that in all cases the cup is the five-cent tin measuring cup of one exact half-pint; the teaspoon the standard one that will pick up 60 drops of water, of which the tablespoon is four times and the saltspoon one-quarter the capacity. Unless otherwise specified these measures are to be used level full. Particular care should be taken with baking powder and soda—whose excessive use is the bane of American cookery. When the eggs and flour are thoroughly aerated by skilful beating and proper mixing, very little aid is required to make the batter light.

To avoid redundancy, recipes for all the dishes called for are not published under each menu, nor for cereals that have directions on the package; but a complete classified index is appended, a glance at which will show that this is a very complete cook book, peculiarly rich in many departments. Over 150 different soups are given, and a large choice in most preparations. But enough of this—let the editor end and the cooks begin.

THE DAILY NEWS COOK BOOK

MENU FOR NEW YEAR'S DAY.

BREAKFAST.

Milk porridge.
Hominy and meat croquettes.
Apple johnnycake.
Apricot and fig sauce.
Coffee.

DINNER.

Clear soup. Bread sticks.
Stuffed whitefish—creamed oyster sauce.
Roast venison. Currant jelly sauce.
Ringed potatoes. Onion ormoloo.
Walnut and watercress salad.
French dressing.
Cheese "fingers." Celery.
Timbales with preserved strawberries.
Hot clear sauce.
Ice pudding.
Glacé chestnuts.
Pralines.
Raisins or dates (creamed).
Coffee.

LATE LUNCHEON.

Sliced venison with mustard.
Bread and butter.
Sponge cake. Oranges.
Tea.

Milk Porridge—Soak two cups oatmeal in a quart of water over night. In the morning strain and boil the water half an hour; scald a pint and a half of rich milk, thicken with a tablespoonful of flour rubbed smooth in a little cold milk; add this to the water, with a teaspoonful of butter and a half-teaspoonful salt; boil up well and serve.

Apple Johnnycake—Mix a pint cornmeal with a scant half-cupful sugar, a pinch of salt and a teaspoonful cream tartar. Dissolve a half-teaspoonful soda in a little milk and stir into the meal, adding milk to make a batter as for pancakes—a cup and a half will be about the quantity. Add three very thinly sliced sour apples and bake in a moderate oven thirty-five minutes.

Apricot and Fig Sauce—Cook until soft a pint of dried apricots; scald and chop half a dozen layer figs and add them to the apricots. Let them cook together fifteen minutes, adding a cup of white sugar. The combination is very pleasant.

Clear Soup—Heat a heaping tablespoonful of butter in a covered saucepan; slice into it a medium-sized onion; stir until the onion is browned; add two pounds of finely chopped lean raw beef, one quart cold water; cover closely and let it simmer three hours. Strain the soup, return to the kettle; add the white and shell of an egg, well beaten, with a little cold water; add also four peppercorns, a teaspoonful of salt, two cloves and a blade of mace. Boil five minutes, then strain and serve from a hot tureen.

Stuffed Whitefish, Creamed Oyster Sauce—Select a firm, handsome fish, four or five pounds in weight. Scale, wash and wipe; with a sharp knife make the incision for cleaning and dressing. See that the inside of the fish is perfectly clean. Make a rather rich dressing of a pint of bread crumbs; a half-teacup of boiled salt pork chopped fine, a hard-boiled egg mashed and chopped, a quarter-teaspoonful salt, a quarter-teaspoonful each of pepper and made mustard, a half-teacupful white-wine vinegar, a little powdered sage and a tablespoonful of butter. Fill the fish with this, tie up firmly in a floured cloth and steam eight minutes to the pound. When ready, remove the cloth, lay the fish on a border of parsley and lay alternate slices of lemon and hard-boiled egg around the dish. Make a cream oyster sauce for it by scalding a cup and a half of rich milk, thicken with a tablespoonful of flour and one of butter rubbed smooth; add a half-teacup of cream with the thickening, a half-teaspoon of salt and a very little pepper. Scald fifteen oysters in their own liquor with a dash of lemon juice. Mix them with the cream sauce, pour a little over the fish and put the rest into a gravy bowl.

Venison—As the main dish for a holiday dinner an eight-pound haunch roast will be very fine; six pounds, however, will be sufficient; the saddle is the next choice. If young the hoofs are not much opened, the fat is thick and clear. If the smell is sweet it is fresh, and will be improved by being laid in a crock; and for six pounds a pint of vinegar scalded with twelve peppercorns, two cloves, a blade of mace, a bay leaf, a stalk of thyme and two of parsley, poured over the venison. Let it lie in this for two days (if the weather is cold), turning occasionally. When ready to roast, wash and wipe, remove the thin skin, lay a few strips of bacon over it or butter it well; lay a coarse paste of flour and water half an inch thick over it; put in the dripping pan with just enough cold water to cover the bottom of the pan,

sprinkle a little salt and pepper in the water and bake one hour. Then remove the paste carefully; either put on a few fresh strips of bacon or two tablespoonfuls of butter and a teaspoonful of salt, and bake one-half hour, basting frequently. The last hour have a teaspoonful of lemon juice, a little cayenne pepper, added to the basting. The meat is dry, so that more butter is required on that account. Test it with a skewer to see if it is done. Have dish and plates very hot. Make a simple gravy in the roasting pan and pour some over the venison. Have in separate sauce-boats the following sauces:

Currant Jelly Sauce—Turn into a granite pan one glass currant jelly. Add to it two tablespoonfuls boiling water, one teaspoonful dry mustard, a pinch cayenne pepper, one teaspoonful lemon juice, one tablespoonful cornstarch rubbed smooth in a little water. Boil up once and serve.

Piquante Sauce—Melt two tablespoonfuls butter, add a small onion chopped very fine and fry it; then rub in one tablespoonful flour, add a cupful of gravy from the roasting pan, a pickled cucumber chopped fine, a half-teaspoonful each of salt, pepper and made mustard, a little chopped parsley. Boil ten minutes, add a tablespoonful vinegar, give one more boil and serve.

Walnut and Watercress Salad—Crack thirty English walnuts, being careful not to break the kernels. Lay them on a flat dish on a layer of thinly sliced sour oranges; squeeze lemon juice over them and let them stand twenty-four hours. When the salad is needed wash and pick over a pint of cress or chop a bunch of celery and add to the walnuts. Pour French dressing over and serve.

Cheese Fingers—When pies are made take a piece of pastry dough, roll out very thin and cut into strips as long and wide as a finger; spread on each strip grated cheese sprinkled with salt and pepper. Lay on another strip, pinch together, brush with yolk of egg, bake in a slow oven. If no pie crust is at hand a half-cupful flour, a tablespoonful butter and a little ice water will make a great plenty.

Timbales with Preserved Strawberries—For ten timbales beat the yolks of six eggs to a cream and add gradually five tablespoonfuls of sugar. Mix five tablespoons flour with six of milk, beating out lumps; grate in the yellow part of the lemon rind and add the juice of the lemon and the sweetened yolks. Beat the six whites very stiff and add them to the mixture. Butter ten cups and nearly fill them with the batter. Sprinkle lightly with sugar; set them in a pan of hot water; let it nearly reach the tops of the cups; cover with a sheet of thick paper; bake for half an hour in a hot oven; turn each out on a plate, add a spoonful of preserves and pour over them a hot sauce made of one tablespoonful of flour, mixed dry, in a cup of sugar; add one-half cup of butter, a pint of boiling water. Boil ten minutes; add the grated rind of a lemon. Serve.

Ice Pudding—Scald one pint of milk in a double boiler; sweeten with one-fourth a cup of sugar and pour slowly into three

beaten eggs. Return to the double boiler and stir until it thickens, about three minutes; do not let it stay too long or it will curdle. When cool add one pint of cream, a half-cup sugar, a quarter box gelatine dissolved and strained, a half-teaspoon vanilla, twenty drops bitter almond. Pour into the freezer and when half frozen open and put in a teacup blanched and chopped almonds, a teacup candied ginger, chopped fine, a teacup chopped citron and half a teacup candied cherries. Stir in and finish freezing. Any preserved or candied fruits can be used, as one's taste prefers.

Glacé Chestnuts—Boil one cup sugar and one-third cup water until the fine threads "fly" from a silver fork dipped into it. Do not stir. Have ready twenty peeled boiled chestnuts cut in half. Dip each half lightly into the boiling sirup and lay them on a flat dish. They will be glazed as by ice.

Pralines—Two cups brown sugar, a half-cup vinegar and water mixed. Boil, and when it "hairs" from the fork stir in all the pecan or hickory nut meats the sirup will hold. The moment it sugars stop stirring, remove from the fire and shake about to separate the nut meats.

Cream Dates—Boil one cup and a half of sugar and three-fourths cup sweet milk; add a half-teaspoon butter. Boil until very thick, which will be in about ten minutes. Let it cool; when lukewarm beat it, adding a teaspoon lemon juice. When it becomes a soft, creamy substance remove seeds from dates, fill with this cream and serve with chestnuts and pralines.

Miss Maud Schultze.
No. 205 North Adams Street, Peoria, Ill.

SATURDAY, JANUARY THE SECOND.

BREAKFAST.

Sliced bananas with powdered sugar and cream.
Hamburg steak. Stewed potatoes.
Owendaw bread. Coffee.

LUNCHEON.

Chinese eggs with tomato sauce.
Graham bread and butter. Apple fritters.
White cake. Chocolate blanc mange.
Tea.

DINNER.

Onion soup.
Mock duck with brown gravy.
Mashed potatoes.
Lettuce with French dressing.
Cup custards. Coffee.

Hamburg Steak—Get a thick sirloin steak weighing three pounds. Cut off the tough end; chop it fine in a chopping bowl; add one-quarter of a teaspoonful of pepper, half a teaspoonful of salt, one teaspoonful of onion juice. Mix all well together. Moisten the hands in cold water (this prevents the meat sticking to them). Take two tablespoonfuls of the meat at a time and form it into round cakes or steaks. Fry them in butter till nicely browned on both sides. Serve on a hot platter, with melted butter poured over. This amount makes five steaks, which is an ample allowance for breakfast. The sirloin and tenderloin of this steak will give a broiled steak for dinner next day.

Owendaw Bread—Put one cupful of fine hominy in the double boiler and boil for thirty minutes. Beat two eggs light, add them to the hominy while it is hot, also one tablespoonful of butter, a half-pint of milk, a half-teaspoonful of salt, and lastly two tablespoons of cornmeal. Mix all well together. Bake for half an hour in a clay dish with a good deal of heat at the bottom of the oven and not so much at the top, so as to allow it to rise. It must be served in the dish in which it has been baked, and helped with a spoon. (This is a Southern dish.)

Chinese Eggs with Tomato Sauce—Boil six eggs for fifteen minutes; throw them into cold water and remove the shells. Take the whites carefully from the yolks, keeping the yolks in shape. Cut the whites into shreds (this is best done with a scissors). Have ready six round pieces of toast on a hot platter, arrange the shredded whites on the toast in the form of six nests, in the center of the nests place the yolks, one in each nest with a circle of finely chopped parsley around each yolk. Sprinkle lightly with pepper and salt. Pour the tomato sauce around the outside of the nests, and serve. This is a pretty dish, having such a contrast of colors—red, white, green and yellow.

Graham Bread—On baking day take out two cupfuls of the sponge which has been set with the wheat flour (after the first rising). Put it in a bowl, add three tablespoons of molasses, one pint of graham flour, half pint of wheat flour; knead for fifteen minutes, set it to raise again for two hours, then form it into a loaf and let it stand for one hour. Bake in a slow oven for three-quarters of an hour. Graham bread must not be put in a hot oven—it burns so easily.

Apple Fritters—Pare and core four apples; slice them crosswise in round slices. Beat one egg light, add one cup of milk, one cup of flour in which has been sifted one teaspoonful of baking powder and a pinch of salt. Beat hard for three minutes. Put the sliced apples into this batter. Have ready a kettle with hot lard. Drop the batter into it in large spoonfuls, having one slice of apple in each fritter; fry for ten minutes. Serve on a hot vegetable dish.

White Cake—Beat a quarter of a pound of butter to a cream; add gradually one and a half cups of granulated sugar; add one cup of lukewarm water. Sift in two cups of flour. Beat continuously for five minutes; then sift in another half-cup of

flour in which has been sifted two teaspoons of baking powder. Beat the whites of four eggs very stiff, stir them in gently, add one teaspoonful of vanilla. Mix carefully for ten minutes. Turn it into a well-greased deep tin and bake in a moderate oven for one hour. This quantity gives cake for a week, having it once a day.

Chocolate Blanc Mange—Put one pint of milk in the double boiler; add a half cup of granulated sugar, grate three tablespoonfuls of chocolate, mix it with one tablespoon of corn starch and wet with a little cold water, stir it into the boiling milk and boil for five minutes. Allow it to become ice cold. When ready to serve, pass a knife around the sides to loosen it; stand the mold in a pan of warm water for a few seconds (this loosens it at the bottom). Turn it out on a glass dish. Pour sweetened cream flavored with one teaspoonful of vanilla around it and serve.

Onion Soup—Put one tablespoonful of butter in the frying pan. When hot add one finely chopped onion; fry it until nicely browned, being careful not to burn. Put one quart of soup stock (made from odds and ends of cold meat) into a stew pan; add the fried onion and cook for fifteen minutes. Strain; return to the fire, add one tablespoonful of flour wet in a little cold water to thicken, and boil for five minutes longer. Season with one-half a teaspoonful of salt and one-quarter teaspoonful of pepper. Cut two slices of stale bread into dice; brown the dice in the oven, put them in the soup tureen, pour the soup over them and serve at once before they become soft.

Mock Duck—Take four pork tenderloins of equal length and weighing three-quarters of a pound each. Split them lengthwise, and get them as flat as possible; lay two of them on a meat board, one over the other, and sew them together along one side (for dressing). Put one pint of bread crumbs in a bowl; add one-quarter teaspoonful each of sage, summer savory, thyme and pepper; also a half-teaspoonful of salt and onion juice, two tablespoonfuls of melted butter. Mix all well together. Now lift the upper one of the tenderloins which have been sewn together, put the half of the dressing in between them (leaving the other half for the other duck), and sew them up at both ends and the other side. Treat the other two tenderloins in the same way, thus making two ducks of the four tenderloins. Place the ducks in a dripping pan, put four slices of salt pork across each one, sprinkle with pepper and salt, dredge with flour, put a half cup of boiling water in the pan. Bake for an hour and a half, basting frequently. When done, set them on a hot platter and stand them in the oven; place the pan on top of the stove; add two tablespoonfuls of brown flour to the dripping that has remained in it; stir till the flour and dripping have formed a smooth paste; add one pint of boiling water, pouring in gradually, stirring all the time. Season with one-half a teaspoonful of salt, and one-fourth teaspoonful of pepper. Strain into a gravy dish; serve both the ducks and gravy at once.

Cup Custards—Beat four eggs light; add a half cup of granu-

lated sugar, one quart of milk, one-eighth of a nutmeg grated. Stir until the sugar is dissolved. Put the custard into five custard cups; stand them in a pan of boiling water; then put the pan in the oven. Bake till the custards are set—that is, firm in the center; no longer, or they will become watery. When done stand away to get cold. Serve them in the cups.

Miss Ellen Hurst.

No. 147 Astor Street, Chicago.

SUNDAY, JANUARY THE THIRD.

BREAKFAST.

Oranges.
Oatmeal with cream. Bird's-nest toast.
Bread. Butter. Coffee.

LUNCHEON.

Sweetbreads a l'Indien.
Ralston bread and butter. Swedish bread.
Tea.

DINNER.

Turbot à la crême.
Beefsteak with fried bananas.
Potato cones. Clarence pudding.

Oatmeal—Soak one cup of diamond-cut oatmeal in four cups of water over night, adding one teaspoonful of salt. Cook one and one-half hours in morning.

Sweetbreads à l'Indien—Slice one large onion fine. Put in saucepan with tablespoon of butter. Cook until onion turns pale yellow. Add cup of milk, teaspoon curry powder, tablespoon pulverized cocoanut, or cup of cocoanut milk if procurable. Boil slowly one-half hour, being careful not to burn. To this smooth paste add two sweetbreads, washed, drained, sliced and fried light brown in butter. Simmer together one-half hour, adding one cup of milk. When about cooked add four thin slices of green ginger, one-half teaspoonful of salt, a pinch of cayenne pepper, half teaspoonful of lemon or lime juice, two ribbons of green peppers.

Swedish Bread—Roll one pint of light dough half inch thick. Spread with butter, sugar, a dash of nutmeg and one cup of well-cleaned currants. Roll up, spreading butter over top. Let rise and bake. Slice from the end.

Turbot à la Crême—One pint of cold seasoned fish chopped very fine. Take one large spoonful of butter, melt in saucepan and stir into it two spoonfuls of flour until smooth. Add one pint of milk, scalded, stirring well until it thickens. Season with one-

half teaspoonful of onion juice, one-half teaspoonful salt, one teaspoonful chopped parsley, a dash of cayenne pepper, one-half-teaspoonful of Worcestershire sauce. Stir into fish, and put in shells or small china dish, covering the top with bread crumbs stirred into melted butter. Brown in oven ten minutes.

Beefsteak with Fried Bananas—Broil steak, if thick, twenty minutes over bright fire; have ready to pour over meat one tablespoonful of melted butter, one-half teaspoonful of salt and a dash of cayenne pepper. Avoid too hot a dish, as it toughens steak. Cut peeled bananas in three lengthwise slices and fry in hot pan in butter for five minutes. Use four bananas. Cover over beefsteak as garnish.

Potato Cones—Boil six large potatoes. Mash and mix with a seasoning of salt, pepper and onion juice. Beat into potatoes one tablespoonful of butter, two tablespoonfuls of milk. Shape carefully into small cones and brown ten minutes in oven.

Clarence Pudding—Cut a sponge cake into three layers. Spread with apricot jam and put together again, covering with whipped cream. Garnish, if desired, with crystallized cherries.

Mrs. R. M. Tebbetts.

No. 2405 1st Street, San Diego, Cal.

MONDAY, JANUARY THE FOURTH.

BREAKFAST.

Mock pineapple.
California flakes. Cream.
Fish steaks with tomato sauce.
Corn muffins. Coffee.

LUNCHEON.

Fish soufflé.
Thin bread and butter.
Macaroni with apricots.
Lady fingers. Tea.

DINNER.

Cream of barley soup.
Timbales of turkey, mushroom sauce.
Quirled potatoes.
Scalloped sugar corn.
Chocolate pie. Coffee.

Mock Pineapple—Peel, core and slice crosswise rather thinly two nice apples. Peel and remove white fiber from three nice oranges. Slice also crosswise of the grain (a little thicker than the apples). Lay upon a round of apple a round of orange. Save

every drop of juice. Lay the double slices in a circle on a pretty plate; pour juice over, also a small glass of sherry (if you use it) and the juice of one lemon. Sprinkle with pulverized sugar. Serve.

Fish Steaks with Tomato Sauce—In a deep skillet put one tablespoonful of lard, one tablespoonful of sifted flour and one onion minced. Brown this; then add the juice from a can of tomatoes; let this cook seven minutes. Fry brown seven or eight slices of fish. When done place in the skillet with the tomatoes, then add one-half pint of boiling water; stir, but very carefully, so as not to break the fish. Add a pod of garlic (if liked), three cloves, a bay leaf, one teaspoonful of salt and one-half saltspoonful of pepper, and allow the mixture to stew gently on back of stove while you prepare six slices of toast, butter it and place it on a platter. Now add two tablespoons of Worcestershire sauce to the saucepan, also one tablespoonful of butter. When the gravy is thick place piece of fish on each slice of toast, pour gravy over and serve.

Corn Muffins—Beat two eggs very light, add one tablespoonful of melted butter, one tablespoonful of cornmeal, one teaspoonful of brown sugar, one heaping tablespoonful of flour, to which add one-half teaspoonful of baking powder and a cupful of milk. Mix thoroughly, pour into greased muffin rings and bake in a quick oven.

Fish Soufflé—Take fish left from breakfast, about a cupful, bone it thoroughly; put it with an equal quantity of mashed potatoes, add a half-cup of milk gradually; then season with a small saltspoonful of salt and one-third saltspoonful of pepper; stir in one beaten egg. Put in a buttered dish and set in oven until it becomes very hot; then beat the white of another egg very stiff and stir into the yolk, beaten with a pinch each of salt and pepper. Heap over the fish and brown in the oven. Serve.

Macaroni with Apricots—Stew twenty halves of apricots in one-half cup of granulated sugar and enough warm water to make a nice sirup when done. Before taking from the fire add a heaping tablespoonful of brown flour and cook until the sirup is heavy or smooth. Parboil ten sticks of macaroni, broken into two-inch pieces; drain; add to one pint of boiling milk two ounces of sugar; throw in the parboiled macaroni and allow it to simmer until the milk is all absorbed; stir it often; pour all the juice or sauce from the stewed apricots on to the macaroni; cover the macaroni well; set on back of stove for fifteen minutes, then take off and allow to cool; when cold, form a pile of macaroni in the center of dish and cover with the apricots, laying them in layers around and over it.

Timbales of Turkey (or Chicken)—Take one-half pound of the remains from the bones, selecting only those pieces that are still good. Chop and pound to a paste, add gradually one gill of cream; now add, one at a time, the whites of three eggs, unbeaten, being careful to work each one well into the mixture before adding the next. Add one saltspoon of salt, a "speck" of cayenne

pepper and a tablespoonful of finely chopped truffles. A little onion juice, Chutney sauce or Worcestershire sauce may be used instead of the truffles. Next stir in carefully the stiffly beaten whites of two eggs. Have ready small timbale cups well buttered. Fill these half full of the mixture, stand in a pan of hot water, bake twenty minutes in moderate oven. Serve hot, with mushroom sauce poured over.

Mushroom Sauce—Melt one tablespoon of butter without browning and one tablespoon of flour; stir until smooth. Add one cup of cream; stir until it begins to thicken. Add one-half cup of either freshly boiled or canned mushrooms, a saltspoon of salt, not quite half so much pepper. Serve.

Cream of Barley Soup—Boil one knuckle of veal or chicken or turkey bones in two quarts of cold water very gently for three hours. Skim and strain. Wash a half a cup of pearl barley in cold water. Cover it with the white broth you have just made. Cover the saucepan and cook very gently until the barley is tender. Then remove one-third of the barley, set aside, and rub the remaining portion through a sieve. Now place in the saucepan the whole barley grains, also the barley and stock you passed through the sieve, add a half-pint of boiling cream, season to taste with salt and pepper. Throw into the soup fifteen beef balls, boil up once and serve three balls to each person.

Beef Balls—Mince to a pulp any scraps of cold beef, season highly with onion juice, salt and pepper. Moisten with any cold gravy or soup left from dinner day before; set over the fire, stir into it one tablespoonful of flour; cook five minutes. Remove, and as soon as it is cool enough to handle, form into balls the size of marbles, dip in unbeaten egg, and fry brown in hot fat. Put away to use as required in soups.

Chocolate Pie—Line a pie plate with a rich crust; bake. Make a filling of one-half cupful of sugar; one cupful of milk, butter the size of a hickorynut. When hot add one and one-half tablespoonfuls of grated chocolate; beat the yolks of two eggs; stir into the mixture; dissolve in cold milk one and one-half tablespoonfuls of cornstarch, stirring over the fire until thick and smooth; add one-half teaspoonful of vanilla. Fill the shell with this mixture. Whip a gill of sweet cream to a froth, place on top of chocolate mixture and serve. Very good, indeed.

Edith Uhlig.

Holdrege, Neb.

TUESDAY, JANUARY THE FIFTH.

BREAKFAST.

Prune sauce.

Bread and butter. Ham croquettes.

Cornmeal pancakes. Maple sirup.

Coffee.

LUNCHEON.

Little pigs in blankets. Celery.
Thin brown bread and butter. Viennois cakes.
Tea.

DINNER.

Cream of celery soup.
Beef roulette. Mashed potatoes.
Parsnips à la mode.
Pickled onions. Frosted lemon pudding.
Crackers. Cheese. Coffee.

Ham Croquettes—One cup finely chopped cooked ham, one of bread crumbs, two of hot mashed potatoes, one large tablespoonful of butter, two eggs, a speck of cayenne. Beat the ham, cayenne, butter and eggs into the potatoes. Let it cool slightly and shape like croquettes. Roll in bread crumbs, dip in beaten egg and again in crumbs, put in the frying basket and plunge into boiling fat. Cook two minutes. Drain and serve.

Little Pigs in Blankets—Season large oysters with salt and pepper. Cut fat English bacon in very thin slices, wrap an oyster in each slice and fasten with a little wooden toothpick. Heat a frying pan and put in the little pigs. Cook just long enough to crisp the bacon, about two minutes. Place on slices of toast that have been cut into small pieces. Do not remove the skewers; garnish with parsley. Have the pan very hot before the pigs are put in and shake continually; do not burn.

Viennois Cakes—Cut any kind of plain cake into small squares. Cut a small piece from the center of each square and fill the cavity with any kind of marmalade or jelly. Replace the crust part that was removed and cover with icing.

Beef Roulette—Have two pounds of the upper part of the round, cut very thin. Mix together one cupful of finely chopped ham, two eggs, one teaspoonful of mixed mustard, a speck of cayenne and three tablespoonfuls of stock or water. Spread upon the beef, which roll up firmly and tie with soft twine, being careful not to draw too tight, as it would cut the meat as soon as it began to cook. Cover the roll with flour and fry brown in four tablespoonfuls of ham or pork fat. Put it in as small saucepan as will hold it. Into the fat remaining in the pan put two finely chopped onions and cook until a pale yellow, then add two tablespoonfuls of flour, and stir three minutes longer. Pour upon this one pint and a half of boiling water. Boil up once and pour over the roulette; then add two cloves, one-fourth of a teaspoonful of pepper and one heaping teaspoonful of salt. Cover the saucepan and set where it will simmer slowly for three hours; after the first hour and a half turn the roulette over. Serve hot, with the gravy strained over it. Garnish with parsley.

Parsnips à la Mode—Scrape and boil them thoroughly; mash smooth; pick out the fibers; pepper and salt to taste. Add four spoonfuls of cream and one of butter. Heat to a boiling point in a stewpan and serve. Mold in a dish and smooth over the top.

Frosted Lemon Pudding—Beat three eggs and add a cup of sugar, the juice and grated rind of a lemon, a quart of milk and a pint of bread crumbs. Stir this all together and bake. Remove from the oven and cover with jelly; then put a frosting over it made of the well-beaten whites of three eggs and three tablespoonfuls of sugar. Brown in oven. Mrs. John Buie.
No. 170 Harding Avenue, City.

WEDNESDAY, JANUARY THE SIXTH.

BREAKFAST.

Quaker oats with cream.
Fish rissoles. Fried potatoes.
Hot biscuits.
Pine apple sauce. Coffee.

LUNCHEON.

Slices of cold roast beef.
Baked potatoes. Bread and butter.
Apple float. Cocoa.

DINNER.

Economical veal soup.
Fowl cutlets. Mashed potatoes.
Celery in sauce.
Southern bread pudding. Coffee.

Fish Rissoles—Take a piece of fish, either fresh or what has been cooked, shred enough to make a coffee cupful and let it stew with two tablespoonfuls of butter covering it until done. Soak a French roll in half-cup of milk, beat up the fish and roll in a mortar with a little finely chopped onion and two eggs; season with salt and pepper to your own taste. Mix all well; bake in small cups previously buttered and turn out. Serve with or without sauce.

Economical Veal Soup—Boil two pounds of veal from the neck that will make a pie or fricassee. When tender take out meat and save for that purpose. Leave in the bones and boil gently for about two hours more, then strain the liquor and let it remain until the next day. When wanted take off the fat, and place the soup in a clean pot; add one small onion sliced, half-teacupful rice, a tablespoonful flour mixed in two of water. Cook

half an hour. Serve with dry toast and season with small teaspoon salt, one-third teaspoon pepper.

Fowl Cutlets—Procure a fowl that will weigh four pounds. Form the wings, legs, breast and merrythought into six cutlets, flattening and giving them a good shape. When preparing the fowl save the liver and pound it in a mortar with a teaspoonful of salt and one-half of pepper and a spoonful of gravy or milk. Have ready one beaten egg and dip each cutlet in this and brush over with the force meat, egg them again and dip in bread crumbs, fry a light brown color in beef drippings. Serve with sliced lemon round it, and make gravy if desired. Use up what is left of fowl for luncheon next day.

Celery in Sauce—Cut three full heads of celery into finger lengths; tie them into little bundles, blanch them in boiling water, then drain and put them to cook in a cupful of the veal soup. When they are cooked prepare a brown butter sauce, dilute it with the broth the celery was boiled in and let it seethe. To serve set up bundles in a dish, then untie the threads and cover all with sauce. (This makes a very delicious dinner dish as well as a very cheap one.)

Southern Bread Pudding—Put a coffeecupful of stale bread crumbs into a bowl; beat two eggs with a half cup of sugar, three tablespoonfuls rice flour, mix with quart of milk, pour over the bread crumbs; flavor with one-fourth of a nutmeg grated; pour into a greased mold, cover securely, put into a kettle of boiling water and boil for one hour. Mrs. W. J. Morris.

No. 9007 Superior Avenue, South Chicago, Ill.

THURSDAY, JANUARY THE SEVENTH.

BREAKFAST.

Fruit.
Sausage. Potatoes hashed and browned.
Buckwheat cakes. Coffee.

LUNCHEON.

Canelon of beef. Mashed potatoes.
Cheese. Crackers toasted.
Tea or cocoa.

DINNER.

Vegetable soup.
Fricasseed rabbit. Kentucky potatoes.
Macaroni with cheese and tomato sauce.
Apple tapioca pudding. Hard sauce.
Coffee.

Potatoes Hashed and Browned—Cut cold boiled potatoes into quarter-inch squares. Put into a three-pint greased pudding

dish, pour over them a cup of warm milk seasoned with pepper and salt and a small piece of butter cut up in a tablespoonful of flour. Bake covered half an hour, then brown.

Canelon of Beef—Two cups of cold roast beef seasoned with pepper, salt and a dash of nutmeg. Stir in one beaten egg. Roll some pie crust into an oblong sheet, moisten beef with thickened gravy and place in middle of sheet, roll up and secure the ends with pastry; lay in dripping pan joined side down and bake to a good brown.

Fricasseed Rabbit—Cut up rabbit and boil gently in small quantity of water (about enough to cover it), season with salt and pepper, add one small onion sliced. Taste gravy to be sure there is enough seasoning. When tender remove rabbit and add half pint of milk thickened with flour and butter; stew three minutes, pour over rabbit and serve.

Kentucky Potatoes—Slice six large potatoes thin, as for frying, put in ice water for half an hour; remove from water and put in dripping pan, season with level teaspoonful of salt and quarter teaspoonful of pepper, pour over them one-half pint of milk. Bake one hour; then add half ounce butter. Serve very hot.

Mrs. C. B. Cannon.

No. 262 West 8th Street, Peru, Ind.

FRIDAY, JANUARY THE EIGHTH.

BREAKFAST.

Baked apples with cream. Bread and butter.
Buckwheat cakes. Potatoes château.
Cocoa.

LUNCHEON.

Steamed corn bread.
Scalloped eggs with ham. Cabbage salad.
Tea.

DINNER.

Baked fish with egg sauce. Mashed potatoes.
Stewed tomatoes. Bread and butter.
Cranberry shortcake. Coffee.

Buckwheat cakes once tested from the following recipe no other will be used: Two cupfuls buckwheat, one cupful graham, half teaspoonful salt, one large teaspoonful baking powder, all sifted well together. Mix with milk into a thin batter, bake on a hot griddle and serve immediately.

Potatoes Château—Cut six medium-sized potatoes into quarters, pare them to crescent shape, wash in cold water, fry them

slowly in medium hot fat three-quarters done, drain, then put in pan, sprinkle with salt, pepper and bits of butter, place in oven and bake carefully until done.

Steamed Corn Bread—Two cupfuls yellow cornmeal, one cupful flour, one small cupful molasses, two cupfuls sour milk, one teaspoonful soda, one teaspoonful salt. Steam three hours.

Scalloped Eggs with Ham—One cupful ham chopped fine, two hard-boiled eggs, one cupful rolled cracker or bread crumbs, one tablespoonful melted butter, a speck of salt, pepper, one cupful sweet milk, in which two teaspoonfuls cornstarch have been dissolved. Mix crumbs and butter together, chop whites of eggs, rub smooth the yolks; then put a layer each of ham, crumbs, whites of eggs, yolks, until dish is full. Pour milk over the whole and bake one-half hour. Serve hot.

Cranberry Shortcake—One pint milk, one-half cup shortening, two teaspoonfuls baking powder; flour sufficient to mix soft, roll out to a half-inch thickness, cover a large, round pie tin. Spread over this a coat of melted butter. Roll another crust and lay over the first. Bake quickly; in five minutes after removing from oven separate the crusts, cover the bottom one with one pint cranberries which have been previously stewed and sweetened, reserving some of the fruit to spread on top layer. Serve hot.

Jessie Deforest.

Janesville, Wis.

SATURDAY, JANUARY THE NINTH.

BREAKFAST.

Oatmeal porridge.
Hamburg steak. Fried potatoes.
Pop-overs. Stewed prunelles.
Coffee.

LUNCHEON.

Broiled Yarmouth bloaters.
Bread and butter. Fresh gingerbread.
Hot milk or cocoa.

DINNER.

Tomato soup.
Boston baked beans and brown bread.
Small cucumber pickles.
Apple roll, hard sauce. Coffee.

Stewed Prunelles—Wash the fruit through repeated waters. Put on stove in cold water to cover and allow to slowly come to a boil. When soft sweeten to taste and use cold.

Broiled Yarmouth Bloaters—Wash and wipe dry. Broil in

wire broilers over clear, red coals, place upon hot platter and squeeze a few drops of lemon juice over.

Gingerbread—One-half cup of molasses, one-half cup of sugar, one-third cup of milk, one-third cup of butter, one egg, one teaspoon of soda in the molasses, one teaspoon each of ginger, salt and cinnamon, two cups of flour. Bake in flat pan and cut with heated knife. Very good on a cold day with a glass of hot milk into which a trifle of salt has been put.

Boston Baked Beans—This is the true Hub recipe and forms a nice meal without vegetables: Allow three pints of beans to soak in cold water over night. Parboil them in fresh water the next morning. When they begin to soften a little drain the water off and put in the bean-pot, with a half-pound of salt pork at the bottom and on top of the beans place another piece of pork, a half-pound in weight. Pork should be streaked with fat and lean, the rind side, which has been scored in squares, uppermost. This is better than the old way of placing all the pork on top. Mix one large teaspoonful of dry mustard in a half-cupful of molasses and pour over the contents of the pot and fill with boiling water to cover the pork and put on the lid. Now put in gentle oven and bake slowly for eight or ten hours, add boiling water as that over the beans cooks away. They will be soft, yet whole, and of a rich, brown color all the way through. This is sufficient for several meals.

Apple Roll—Pare, core and cut into even pieces enough apples to fill a quart. Make a short biscuit dough by rubbing two small tablespoonfuls of lard or butter or both into three small cupfuls of flour, with which has been previously sifted one and one-half teaspoonfuls of baking powder and a large pinch of salt. Rub fine and mix to a very soft dough with cold milk or water, turn out on molding-board and lightly press out in a shape longer than wide, put the apples on this and begin at one end and roll up. Put loosely in a pudding cloth which has been wrung out of very hot water and sifted with flour, and steam one and one-half hours or a little longer. A slight sifting of either nutmeg or cloves may be put with apples before rolling, but no sweetening.

Hard Sauce—Slightly soften half cupful of butter by adding a tablespoonful of hot water. Stir until very creamy and then stir in one and one-half cupfuls of light-brown sugar. Stir until very light. Flavor with nutmeg and vanilla essence.

M. M. Manney.

Riverside, Ill., Box 96.

SUNDAY, JANUARY THE TENTH.

BREAKFAST.

Old-fashioned apple sauce. Fried mush.
Pork chops. Hashed brown potatoes.
Muffins. Coffee.

LUNCHEON.

Pan oysters. Creamed potatoes.
Cold slaw.
Cream cookies. Cocoa.

DINNER.

Irish potato soup.
Roast beef with Yorkshire pudding.
Peas and cabbage hearts. Browned sweet potatoes.
Boston cream pie. Coffee.

Cabbage Hearts and Peas—Chop hearts of cabbage used for cold slaw. Put them with a can of peas, and a dessert-spoonful of chopped mint. Cook until tender, then drain. Have a hot dish, let an ounce of butter melt in it, turn in peas and cabbage and season with one-half teaspoon of salt and a dash of pepper.

Boston Cream Pie—(Cream Part)—Put a pint of milk on to boil. Beat two eggs, add one-half cup of sugar and one small half cup of flour, previously mixed; beat well and stir into milk just as it commences to boil; add one ounce of butter, a pinch of salt, and keep stirring until it thickens. Flavor with half teaspoon of lemon or vanilla.

(Crust Part)—Three eggs, beaten separately, cup of granulated sugar, a pinch of salt, one and a half cups of sifted flour, large teaspoonful of baking powder, and two tablespoons of milk, or water. Divide the batter in half and bake on pie-tins until a straw color. When done and cool, split each one in half, and spread half the cream between each. Serve cold.

Mrs. Walter S. Brown.
No. 512 Gerald Bldg., cor. State and 26th Sts., City.

MONDAY, JANUARY THE ELEVENTH.

BREAKFAST.

Baked apples.
Quaker oats with cream.
Broiled bacon. Pancakes.
Coffee.

LUNCHEON.

Hard-boiled eggs with cream sauce.
Bread and butter. Stewed silver prunes.
Scotch short-bread. Tea.

DINNER.

Tomato soup.
Warmed-over roast beef. Vegetable sauce.
Boiled rice. Baked potatoes.
Peach pudding.
Coffee.

Hard-Boiled Eggs with Cream Sauce—Put five strictly fresh eggs into boiling water and cook gently for one-half hour, then place them in cold water, remove the shells, cut the eggs into lengthwise quarters. Cook a small piece of onion in a tablespoonful of butter until tender. Add a tablespoonful of flour and mix smooth. Add one-half teaspoonful salt, half that quantity of pepper and one cup of milk; let boil and pour over the eggs, which should be placed on a hot dish.

Scotch Short Bread—One cup of butter, two cups of sugar, thoroughly creamed together and flour enough to mix; roll out one half inch thick, cut in squares with a knife, prick all over with a fork and bake.

Warmed-Over Roast Beef—Put the cold roast beef (left from dinner the previous day) in a dripping-pan, together with a cupful of stock, and allow it to just heat through. Turn it and baste it often. Place on a hot platter and pour around it the following:

Vegetable Sauce—Melt a tablespoonful of butter in a saucepan and stir into it a spoonful of flour until smooth; add a cupful of stock, a teaspoonful of Worcestershire sauce, one-half teaspoonful lemon juice, one-half teaspoonful salt, a dash of pepper and whatever kind of vegetables may be left from previous meals, two cupfuls or less, cut fine and added to the sauce; turnips, carrots, peas, cauliflower, etc., may be used. When hot pour around the meat and serve.

Peach Pudding—Scald three cups of milk and cook in it two tablespoonfuls of cornstarch, previously wet in a little cold milk. Remove from the fire, stir in one tablespoonful of butter, the yolks of three eggs, one-half cup of sugar and beat to a cream. Drain the juice from a can of peaches, put them in a bake dish, cover with the above mixture and set in the oven ten minutes; then spread with the stiffly beaten whites of the eggs, sweetened with three tablespoonfuls of powdered sugar, and return to the oven to brown. Serve with the sweetened peach juice.

Mrs. Carrie Lawton.

Sharon, Walworth county, Wis.

TUESDAY, JANUARY THE TWELFTH.

BREAKFAST.

Hominy flakes.
Pork tenderloin. Fried apples.
Hot waffles. Maple sirup.
Coffee.

LUNCHEON.

Slices of cold meat. French toast.
Spice cake. Plum jam. Tea.

DINNER.

Potato soup.
Sheep's brains, roasted. Piquant sauce.
Stuffed potatoes.
Lima beans. Lettuce.
Polish tartlets. Coffee.

Pork Tenderloin—Choose the large tenderloins, cut across in pieces about an inch thick (will form little rounds), sprinkle with pepper and powdered sage; fry in a hot pan with a little dripping; salt just before taking up.

Fried Apples—Cut sound apples across without peeling or coring; fry after the tenderloins or in ham fat until light brown.

Waffles—Mix one pint of sifted flour with two-thirds of a pint of milk until a smooth paste; beat in a tablespoonful of melted butter and a little salt, and lastly two eggs beaten light. Have waffle iron hot and ready greased, pour in enough batter to cover the lower side and close the upper one gently down upon it. Keep over fire half a minute and turn over for same length of time. Remove and place in oven a few moments to crisp.

Spice Cake—One cup of butter and a cup and a half of sugar creamed, add three well-beaten eggs, then one cup of milk slowly. Stir in two cups of raisins and currants (equally divided) floured, one-half teaspoonful of cinnamon and half a teaspoonful of cloves and allspice combined, lastly two cups of flour sifted with two teaspoonfuls of baking powder. Makes a large loaf.

Sheep's Brains Roasted—Slightly boil four sheep's brains; throw into cold water, drain and dry wholly; brush them over with oil and roll in highly seasoned bread crumbs; use pepper, salt and nutmeg. Place each one on a slice of bacon in a pan and put in a well-heated oven; when nicely browned take up and place upon slices of toast and serve with piquant sauce.

Piquant Sauce—Cook two tablespoonfuls of onion in four of vinegar for three minutes, then add a large cupful of stock, a teaspoonful of sugar, one-fourth that quantity of cayenne and salt to taste. Boil for five minutes, put in two tablespoonfuls of chopped capers and same of chopped cucumber pickles. Boil up and serve.

Polish Tartlets—Roll good pie crust out thin and cut it into two and a half inch squares; brush each square over with the white of an egg, then fold over the corners so they will meet in the middle; slightly press together, brush over with the white of egg, sift with sugar and bake in a quick oven for quarter of an hour. When done make a little hole in the middle and fill with jam, jelly or marmalade. Mrs. H. L. Thomas.

Perry, Iowa

WEDNESDAY, JANUARY THE THIRTEENTH.

BREAKFAST.

Egg fricassee. Bohemian toast.
Cornmeal pancakes. Maple sirup.
Coffee.

LUNCHEON.

Scalloped oysters. Graham bread.
Cocoanut flakes. Crushed currants.
Crust coffee.

DINNER.

Stuffed veal ribs. Baked potatoes.
Bread and butter. Pickled cabbage.
English apple pie. Cheese.
Tea.

Bohemian Toast—Beat two eggs well, add one-half cup milk, one-fourth teaspoonful salt, a sprinkle of pepper, one teaspoonful onion juice. In this mixture dip bread (stale may be used) until soft, then fry in well-greased skillet until a nice brown on both sides.

Cornmeal Pancakes—For two cups sour milk use one even teaspoonful soda, one-half teaspoonful of salt; dissolve salt and soda in one-fourth cup hot water, add to milk, also two eggs beaten light, and one sifted heaping cup cornmeal and one-half cup flour. These are very light if made just right.

Cocoanut Flakes—One-half cup of butter beaten light with one cup of sugar. Two well-beaten eggs and one-fourth cup of milk. Stir in one cup of grated cocoanut, one teaspoon of lemon juice and one teaspoon of baking powder sifted in flour, and flour enough to roll. Mix smooth, roll quite thin, cut and bake quickly.

Crushed Currants—These should be prepared in season of currants. Wash and stem and carefully mash every currant. Weigh and add an equal weight of sugar. Do not cook, but seal at once cold. These are delicious at this season.

Crust Coffee—Brown Boston brown bread until quite hard; crush with rolling-pin; place one-half cupful in coffee pot; pour over one pint of boiling water; boil five minutes; add one pint of milk; let heat; add one tablespoon of sugar; let settle two or three minutes and pour.

English Apple Pie—Slice sour apples very thin and fill a deep dish even full. Add one-fourth cup of water, two-thirds cup of sugar, bits of butter, a sprinkle of salt and a grating of lemon. Cover top with a good puff paste, being sure to wet the edges of dish. It is nice eaten warm with cream and sugar.

Norfolk, Neb. Mrs. L. A. Taft.

THURSDAY, JANUARY THE FOURTEENTH.

BREAKFAST.

Sweet apples.
Breakfast stew. Baked potatoes.
Jolly boys. Coffee.

LUNCHEON.

Creamed oysters. Crackers.
Thin bread and butter. Date jam.
Tea.

DINNER.

Chicken broth.
Fried chicken. Crabapple jelly.
Mashed potatoes. Peas pudding.
Gingerbread pudding.
Brown sauce. Cocoa.

Breakfast Stew—Cut any cold meat you may have into small pieces, sift flour over them and fry brown in butter; then put into a saucepan with the brown gravy, mince half an onion, add a small lump of butter rolled in flour, a little pepper and salt. Stew slowly, but do not boil. Squeeze in the juice of half a lemon, if liked. Serve hot.

Jolly Boys—Mix together thoroughly, while dry, one and a half pints of ryemeal, half a pint of flour, half a teacupful of cornmeal, two pinches of cinnamon, a little salt and two small teaspoonfuls of baking powder. Add one egg, well beaten, two tablespoonfuls each of molasses and sugar, and cold water enough to make a thick batter. Fry in hot lard, a heaping tablespoonful at a time, and cook until well browned.

Creamed Oysters—Take two quarts of white soup stock. Boil two-thirds of a can of oysters with their liquor ten or fifteen minutes, strain through a sieve in order to make the oysters fine. Return to the fire and add enough cornstarch to make the consistency of cream; boil a few minutes, seasoning with salt to taste. Add a quart of rich milk or cream and serve immediately with crackers or salted wafers.

Date Jam—Take two pounds of dates, remove the stones, put them over the fire with two cupfuls of water, add one pound of sugar, quarter of a grated nutmeg and a small piece of butter. Cook and stir until thick, and place in deep glasses, covering with buttered paper. Figs or seeded raisins may be prepared in the same way.

Chicken Broth—Cut up the fowl and put it in a pot with four quarts of water (cold), stew until there are but three quarts left. Take out the chicken; season the liquor and add a small cupful

of rice. Cook rice tender. If you like you may add a cup of milk and one or two beaten eggs just before serving. Stew, not boil, the chicken.

Fried Chicken—Drain the chicken from the broth as dry as possible, dredge with salt and pepper and dip the pieces first in egg and then in cracker crumbs or cornmeal. Fry in a skillet of hot lard or drippings—a few pieces at a time—with care not to let the under-side burn. The frying will take about ten minutes, and the chicken should come out a fine golden-brown color. Pour a gravy made with some of the broth in a dish and lay the chicken on it without covering it.

Peas Pudding—Soak four cups split peas over night. In the morning put them with a small onion into a farina kettle, with just enough water to cover, and boil until soft. Drain and rub through a colander. Beat in a tablespoonful of butter, pepper and salt and three eggs. Boil in a buttered mold or floured cloth one hour. Turn out and cut in slices on the table. Eat as a vegetable.

Gingerbread Pudding—One cup sour milk, one-half cup molasses, scant teaspoonful soda, one-half cup chopped suet or half that quantity of butter or lard, a little salt, ginger or other spice to taste. The addition of fruit makes a richer pudding of it. Serve with brown sauce.

Brown Sauce—One cup milk, one tablespoonful butter, two of sugar, two of flour and two of molasses. Stir all together and boil ten minutes. Flavor to taste. Harriet Mann.

No. 1421 Central Street, Evanston, Ill.

FRIDAY, JANUARY THE FIFTEENTH.

BREAKFAST.

Cerealine flakes.
Liver and bacon, sauté. Bread and butter.
Squash griddle cakes. Coffee.

LUNCHEON.

Welsh rarebit. Togus bread.
Mother's cake. Raspberry jam.
Tea.

DINNER.

Tapioca cream soup.
White fish au gratin. Potato puffs.
Parsnips fried in molasses. Chow-chow.
Cream cakes. Orange sherbet.
Drip coffee.

Liver and Bacon, sauté—Cut one pound of liver and half a pound of bacon in slices, season with pepper, cut in small squares. Place on skewers pieces of liver and bacon alternating, and fry five minutes in boiling lard as you would croquettes. Slip off the skewers onto toasted bread and serve immediately.

Welsh Rarebit, quick—Grate one pint of cheese. Sprinkle on it half a teaspoonful of mustard, one-fourth a teaspoonful of salt and a speck of red pepper. Heap this on slices of buttered toast and put in oven until cheese begins to melt, when hurry to table.

Togus Bread—Three cupfuls of sweet milk and one of sour, three cupfuls of Indian meal and one of wheat flour, half a cupful of molasses, one teaspoonful of saleratus, one of salt. Steam three hours. Good hot or cold. Enough for several meals.

Mother's Cake—Cream one small cup of butter, add gradually a cup and a half of sugar, then the beaten yolks of three eggs, and a small teaspoonful of vanilla extract and a saltspoon of mace. Take a teacup and sift it even full three times of pastry (winter wheat) flour, add one and a half teaspoonfuls of baking powder. Stir flour into the mixture alternating with one-half a cupful of milk; lastly the whites of the eggs beaten stiff. Bake forty or fifty minutes in a moderate oven. Use two square, shallow pans unless a loaf cake is desired, in which case the cupfuls of flour should be a little larger. Spread one layer with jelly, thinly, and over that half a cupful of chopped raisins, quarter cupful of chopped almonds, same of cocoanut and beaten white of one egg. Put top layer in place and cover with icing.

Tapioca Cream Soup—Soak one-third of a cupful of tapioca over night in two cupfuls of cold water after washing the tapioca well. Add one quart of white stock (water in which chicken, veal or mutton has been boiled) and cook together very slowly for one hour. Cut up one onion and two stalks of celery and cook for twenty minutes in a pint of rich milk with a blade of mace; strain on the tapioca, season with half a teaspoonful of salt, a pinch of pepper, one tablespoonful of butter and serve.

White Fish, au gratin—Skin the fish by starting at the head and draw down towards the tail, remove the bones, cut in pieces about three inches square and salt and pepper well. Butter a dish and put in a layer of the fish, add sauce, then another layer of fish and sauce, and cover then with fine bread crumbs. Bake half an hour. For the sauce brown two tablespoonfuls of flour and three of butter and add gradually a pint of stock or milk, cold; when it boils add salt and pepper to taste, the juice of half a lemon, a tablespoonful of onion juice, a tablespoonful of vinegar and a few leaves of chopped parsley. A three pound fish is enough for six persons.

Parsnips Fried in Molasses—Boil parsnips in salted water until done. Let cool; slice, and fry brown in a cupful of boiling molasses. Good.

Orange Sherbet—Two gills of orange juice, one of lemon, one cup of sugar, one pint of cold water. Strain and freeze.

Mrs. M. A. Sacksteder.

Downer's Grove, Ill. Box 109.

SATURDAY, JANUARY THE SIXTEENTH.

BREAKFAST.

Apples baked with prunes.
Georgia boiled rice, with cream.
Poached eggs. Ham sauce.
Rolls. Coffee.

LUNCHEON.

Mock sweetbreads.
Bread and butter. Omelet for dessert.
Tea.

DINNER.

Calf's head soup.
Rabbit stew.
Baked sweet potatoes. Celery.
Stewed corn.
Dried peach pudding.

Baked Apples—Take as many tart apples as are needed, wash and remove cores, leaving quite a hollow in each apple, in which place a teaspoonful of sugar, a dash of cinnamon and as many stewed prunes as apples will hold. Bake slowly until apples are tender; serve cold with cream.

Boiled Rice—After washing the rice put it over the fire in plenty of actually boiling, salted water and let it boil fast for twelve minutes, then drain off all the water and place the saucepan containing the rice in the oven with the door open and let it steam ten minutes, or until it is as tender as desirable; every grain will be distinct and the rice free from moisture.

Poached Eggs—Ham sauce—Mince fine three thin slices of boiled ham, a small onion and a little parsley; add half a cup of water, three shakes of pepper, and stew all together a quarter of an hour. Put the poached eggs on a dish, squeeze over them the juice of half an orange or lemon and pour over the sauce about half boiling and strained.

Mock sweetbreads—Take the strings from two pounds of lean veal and chop it very fine with quarter pound of veal suet; soak a roll in milk and beat it light; mix this with the veal and suet and grated rind of one lemon, pepper, salt, a very little nutmeg and

two eggs. Shape like sweetbreads, dip in egg and breadcrumbs, fry or bake a golden brown, and serve with thick veal gravy.

Omelet—Beat six eggs very light, add five macaroons pounded fine, beat them well together; fry as usual; add a half teaspoonful of salt before folding; sprinkle well with powdered sugar and serve.

Calf's Head Soup—Take a calf's head, well cleaned, and a knuckle of veal, put them into a large kettle; tie one onion and a large tablespoonful of mixed sweet herbs in a cloth and place in the kettle with the meat, over which pour four quarts of water; let it boil slowly and steadily for five hours, season well with salt and pepper. One hour before serving pour the soup through a colander, pick out all the meat carefully, chop very fine and return it to the soup, putting it again over the fire. Boil four eggs very hard, chop them fine, and slice one lemon very thin; add to soup just before serving. This will make soup for several days.

Rabbit Stew—Wash well the rabbit, cut it into quarters, lard them with slices of bacon and fry them; then put them into a stew-pan with a little more than a pint of good broth or stock, some savory herbs, salt and pepper to taste; simmer gently until the rabbit is tender; then strain the gravy, thicken it with flour and butter, give one boil, pour over the rabbit and serve; garnish with slices of lemon.

Dried Peach Pudding—Boil one pint of milk; while hot pour it over one pint of bread crumbs; stir into this one teaspoonful of cold butter and one pint of dried peaches stewed soft. When all is cool add two eggs well beaten, half-cupful sugar, and flavoring to taste. Put in a well-greased pudding dish and bake half an hour; serve warm with hard sauce. Mrs. Marion Wilson.

No. 6407 Lexington Avenue, City.

SUNDAY, JANUARY THE SEVENTEENTH.

BREAKFAST.

Breakfast food and cream.
Grilled beef on toast. Raised hominy waffles.
Lemon apple sauce. Coffee.

LUNCHEON.

Kedgeree.
Luncheon potatoes. Brown and white bread.
Apricot fritters. Tea.

DINNER.

Cream barley soup.
Stuffed shoulder of mutton.
Potato cones. Baked salsify.
Prune cream pie. Coffee.

Grilled Beef on Toast—Melt a large spoonful of butter in a skillet, and when it is hot lay in slices of cold beef and let them heat through. If the beef "left-overs" are not in slices, but scraps, then chop coarsely and heat. Make a sauce of two tablespoonfuls hot water, two of butter, one tablespoonful each of Worcestershire sauce and tomato catsup, one dessertspoonful made mustard, one-fourth teaspoonful salt, one-half teaspoon pepper, one teaspoon lemon juice, or vinegar. If onion is liked, chop finely one-half a medium sized onion, brown in a tablespoon butter, and add. Thicken with a teaspoonful flour rubbed smooth with a teaspoonful water. Lay delicately browned slices of hot buttered toast on a hot platter, lay the grilled beef on the toast, pour the sauce over; serve very hot.

Raised Hominy Waffles—The small hominy is best for these. To a coffee cup of boiled hominy add one pint boiled milk and one tablespoonful of butter, one pint of flour, one-half teaspoonful salt, one tablespoonful sugar and a scant half-teacup yeast. Beat well, cover, set in a warm place over night. In the morning add two well-beaten eggs, yolks and whites separately. Bake in waffle irons. This recipe answers as well for muffins if it is not convenient to make waffles.

Lemon Apple Sauce—Pare and quarter six good-sized apples. Put a large cup of sugar and a half-cup of water on to boil, and when it is a sirup drop in the apple quarters, with two or three slices of fresh lemon. Cook until tender, but do not break the quarters.

Kedgeree—Shred into small flakes any nice cold fish until there is a heaping cupful—there should be rather more than a half a pint. Add to this a teacup of boiled rice, into which has been stirred two tablespoonfuls melted butter, a half-teaspoonful salt, a quarter-teaspoon pepper, a pinch each of cayenne and mace. Add to this a cup of hot milk which has been thickened with a teaspoonful each of flour and butter rubbed together. Stir this until very hot; then add two well-beaten eggs; do not let it remain a second longer, but pour into a hot dish and serve at once. The eggs may be omitted in a time of scarcity, and it is excellent without them. This may be prepared in a chafing dish.

Luncheon Potatoes—Into a tablespoonful of butter made hot stir one-fourth of an onion and brown it. Add two cups cold potato chopped or thinly sliced and let them brown. Just before taking them up sprinkle them with a quarter-teaspoonful each of salt and dry mustard.

Apricot Fritters—Make a batter of one cup of flour, one tablespoonful of butter, a half-teaspoonful of baking powder, a pinch of salt and a well-beaten egg. Thin the batter with juice from the can of appricots—about half a teacup. Have boiling lard ready; cut the apricots in halves, dip each half in the batter and fry. Dust the fritters, while they drain, with powdered sugar. Half a can of apricots will be enough for luncheon, the other half can be used next day.

Cream Barley Soup—Take the bones from the shoulder of

mutton, have them cracked, add a 5-cent beef soup bone, and boil in three quarts of water, with four tablespoonfuls of pearl barley, a slice of onion, a teaspoonful of salt, three or four pepper corns, a clove or two, a blade of mace, a stalk of celery, if convenient. Simmer six hours; strain and skim. Half an hour before dinner heat to boiling a quart of rich milk, thickened with a tablespoonful each of butter and flour. Add to the strained soup, boil up once and serve, adding a half-teaspoonful of salt just before pouring it into the tureen. Serve with tiny squares of toasted bread. This is sufficient for at least two days.

Stuffed Shoulder of Mutton—Split the shoulder in the middle—on the inside—and remove both bones (the bones make good Scotch broth if barley soup is not desired). Lay the shoulder open on the table and spread it with a dressing made of a cup of bread crumbs, a cup of mashed potato, a tablespoon each of vinegar, catsup and melted butter, a half-teaspoon each of salt and pepper, a clove, a bay leaf, a blade of mace, a tablespoonful of orange juice, a tablespoonful rich milk. Roll the shoulder up, tie with twine, roast, allowing eighteen or twenty minutes to the pound. Baste frequently.

Baked Salsify—Scrape the roots and lay them in cold water containing a little vinegar. This will keep the roots from darkening. Boil until tender, then cut into dice. Butter a baking pan, put in a layer of bread crumbs, a layer of cream sauce, a layer of salsify and so on till the dish is nearly filled. Pour cream sauce over the last layer. The cream sauce is made of a tablespoon each of butter and flour rubbed together, to a scant pint rich milk, a teaspoon salt and a half-teaspoon pepper. Dust each layer of crumbs lightly with salt and pepper and put a half-teaspoon butter in tiny dots to every layer of crumbs.

Prune Cream Pie—Stew, stone and mash through the colander enough prunes to make a cup of pulp. To this add one cup thin cream, thickened by a teaspoon of cornstarch rubbed smooth in a little cold milk, the yolks of two well-beaten eggs and one-third cup sugar. Put in a spoonful or two of the apricot juice left from luncheon for flavor. Line a pie plate with pie crust, fill with the mixture and bake as quickly as you can without burning. Beat the whites stiff and when the pie is done stir into the beaten whites two tablespoonfuls powdered sugar, spread over the top of the pie; brown lightly. Eat cold or hot as preferred.

Mrs. A. G. George.

Elmwood, Ill.

MONDAY, JANUARY THE EIGHTEENTH.

BREAKFAST.

Fried tripe. Creamed potatoes.
Squash griddle cakes. Maple sirup.
Coffee.

LUNCHEON.
Salmon croquettes.
Buttered toast. Cranberry jelly.
Chocolate.

DINNER.
Scalloped mutton with macaroni.
Mashed potatoes.
Bread and butter. Olives.
Almond blanc-mange.
Coffee.

Fried Tripe—Boil tripe tender and cut into pieces three or four inches square. Sprinkle with salt and pepper. Make a batter of two eggs, well beaten, a pinch of salt, two tablespoonfuls of flour and a cup of milk. Dip each piece of tripe in the batter twice, lay in frying-pan and fry brown. Serve hot.

Creamed Potatoes—Cut cold boiled potatoes into thin slices. Put them into a shallow pan, cover with milk and cook until the potatoes have absorbed nearly all the milk. To one pint of potatoes add one tablespoonful of butter, half a teaspoonful of salt and half a saltspoonful of pepper.

Squash Griddle Cakes—One cup of boiling milk, one cup sifted squash, one tablespoonful of butter, one tablespoonful of sugar, one-half teaspoonful of salt, one egg, one small teaspoonful of baking powder and one cup of flour. Pour the boiling milk into the squash; add the butter, sugar and salt. When cool add the egg, well beaten, then the baking powder mixed with the flour. Fry a delicate brown.

Salmon Croquettes—Drain the liquor from a small can of salmon, remove the bones and chop very fine. Bring a cup of milk to the boiling point and stir in a tablespoonful of flour rubbed smooth in two tablespoonfuls of butter. Add the chopped salmon, a heaping saltspoon of salt, and boil one minute. Stir in two well-beaten eggs and remove from the fire. When cold make into croquettes, dip in beaten egg, roll in bread crumbs and fry.

Scalloped Mutton with Macaroni—Remove the fat and skin from cold roast mutton, cut the meat into small thin slices and season it with salt and pepper. Butter a shallow pudding dish, put in a layer of cracker crumbs, then a layer of meat, then one of cold boiled macaroni cut in inch pieces. Over the macaroni sprinkle a tablespoonful of tomato catchup. Proceed in this way until the dish is full, having on the top a thick layer of cracker crumbs moistened with one-third of a cup of melted butter. Bake half an hour.

Almond Blanc-Mange—Boil together one quart of milk, four tablespoonfuls each of cornstarch and sugar, add a pinch of salt. When thick stir into it thirty blanched and split almonds and mold. Serve with cream and sugar. Mrs. E. P. Baumann.

No. 407 East Front Street, Bloomington, Ill.

TUESDAY, JANUARY THE NINETEENTH.

BREAKFAST.

Steamed apples.
Hominy with cream.
Ham fritters. Potato griddle cakes.
Coffee.

LUNCHEON.

Pressed beef. Steamed rice.
Spanish buns. Stewed apricots.
Chocolate Menier.

DINNER.

Barley soup.
Baked veal cutlets. Potato cones.
Stewed parsnips.
Prune loaf pudding.
Coffee.

Ham Fritters—One cup cold minced ham, one egg, one cup soup stock, saltspoonful dry mustard, teaspoonful Worcestershire sauce, one tablespoonful manufactured butter, one teaspoonful flour. Heat the stock to boiling point and thicken with butter and flour rubbed together; stir into it the ham with the seasoning; add the beaten egg. Let boil for a minute; remove from fire to cool. When cold make into small balls, drop into a batter made of one cup of flour, two teaspoonfuls of melted butter, a small cup of warm water, the beaten white of an egg and a saltspoonful of salt. Fry in boiling fat and serve at once.

Potato Griddle Cakes—One cup of flour, sifted with one teaspoonful baking powder and a half-teaspoonful of salt, two large potatoes grated. Make into batter with one-half cup of milk and fry on well-greased hot griddle.

Pressed Beef—Boil a soup-bone gently until the meat drops from the bones. Take the meat while hot and cut it fine, removing gristle and most of the fat. Season with a teaspoonful of salt and half a saltspoonful of pepper, a tablespoonful of melted butter. Moisten with half a cupful of the meat liquor and pack it into a granite dish with a plate for a lid and a flatiron for a weight. Slice when cold. Use the remaining meat liquor for bouillon for next day's dinner.

Baked Veal Cutlets—One and a half pounds of veal cutlet laid in a well-buttered roasting-pan, with a cup of water to prevent burning. Spread over the cutlet a dressing made as follows: Two cupfuls bread crumbs, one onion chopped fine, a well-beaten egg, tablespoonful melted butter, teaspoonful salt, saltspoonful

pepper; mix well, lay a cover on top and bake a half-hour; then remove the lid and allow it to brown.

Prune Loaf Pudding—A half-pound of prunes stewed until tender; a half-box of Knox's acidulated gelatine dissolved in a half-cup of cold water; juice of one lemon and a half-cup of sugar. Strain the juice from the prunes (there should be two and a half cupfuls); pour over the gelatine and sugar. Add the prunes, together with the meats from the prune-pits (both chopped fine), then the lemon juice. Pour into a mold and allow it to harden. Serve with cream. Jessica A. West.

No. 906 Walnut Street, Chicago.

WEDNESDAY, JANUARY THE TWENTIETH.

BREAKFAST.

Halved oranges.
Hashed brown potatoes. Codfish in cream.
Laplanders. Vienna coffee.

LUNCHEON.

Mock bisque soup.
Curry of tripe. Peanut sandwiches.
Anis brod. Cocoa.

DINNER.

Cream of potatoes.
Chicken smothered in sauerkraut.
Stuffed sweet potatoes. Macaroni and tomatoes.
Hulnah. Coffee.

Codfish in Cream—Shred and soak one-half cupful of salted codfish over night. In the morning drain, place in stewpan, cover with cold water; when it boils, drain; cover again with water and simmer gently fifteen minutes; add one cupful of rich milk. Rub one spoonful of flour smooth in one spoonful of butter; add to the codfish; mince one hard-boiled egg, stir into the mixture; add a pinch of pepper and a teaspoonful of minced parsley. Boil up once. Serve.

Curry of Tripe—Parboil one and a half pounds of tripe ten minutes in salted water; drain; put on in another water; cook fifteen minutes; drain, and in the liquor put two thirds of a cupful of well-washed rice; boil until tender; fry brown in drippings two medium-sized onions; into them lay the tripe and add hot water to cover. Season with sufficient salt and pepper to suit the taste and a teaspoonful of curry powder. Stir it up. Dish the tripe on a platter and pile the rice around it.

Peanut Sandwiches—Shell and remove the skins from one cup of freshly roasted peanuts; chop very fine; mix with one tablespoonful of mayonnaise dressing. Spread with butter and cut thin slices of white bread; remove the crusts; spread the peanut dressing between the slices.

Anis brod, or Anise Cakes—Eight eggs, one pound of sugar, one scant pound of flour; one teaspoonful of baking powder, one tablespoonful of anise seed. Stir eggs and sugar in one direction for one-half hour, then add sufficient flour and roll thin, same as ginger snaps. Cut into cakes, as fancy may direct, and bake.

Chicken Smothered in Sauerkraut—For this delicious dish use an earthern baker (with a tight cover, if possible). Procure a small-sized young chicken; dress, draw and singe. Rub well with a flour and water paste; wipe quite dry inside; dust with salt and pepper. Rinse and drain one quart of sweet, fresh sauerkraut. Fill the chicken with hot mashed potatoes, well seasoned; lay it in the roaster, and place on it two slices of bacon (place two slices in bottom of roaster also); then cover the chicken completely with sauerkraut; add a saltspoonful of salt and half that quantity of pepper. Pour over a cup of cold water, close down the lid tight and roast in the oven three hours; have a moderate fire; do not allow to cook dry; add boiling water as required to keep bottom of roaster quite moist; when done lift the chicken on to a large platter, pile the sauerkraut around it and garnish with slices of lemon; to the sauce in roaster add a large tablespoon of browned flour, a tablespoon of caramel and a cup of soup stock; boil up; add one tablespoon of lemon juice, salt and pepper to taste, strain and serve in sauce tureen.

Hulnah—Wash one cup of rice; add to it one quart of milk, one cup of granulated sugar, one teaspoonful of cornstarch and butter the size of a walnut; mix the cornstarch with a little milk to dissolve it before adding to the other ingredients; add a quarter of a nutmeg grated and bake an hour and a half, stirring occasionally until it thickens; then let it brown; take from the oven and allow to cool; remove the brown skin and lay over the top a few preserved or canned cherries; beat the whites of three eggs to a stiff froth; spread this over the fruit, dropping from a spoon, so as to make it as irregular as possible; sprinkle with pulverized sugar and set in oven to brown; serve with a cream sauce or whipped cream. Mrs. Max Uhlig.

Holdrege, Neb.

THURSDAY, JANUARY THE TWENTY-FIRST.

BREAKFAST.

Cormick's nudavene flakes, sugar and cream.
Baked hash.
Corn cakes. Sirup. Coffee.

LUNCHEON.

Dried beef in cream.
English crumpets. Stewed prunes.
Feather cake. Chocolate (American).

DINNER.

Spanish soup.
Brown stew. Boiled potatoes. Hot slaw.
Pickles. White bread and butter.
Mother's "surprise." Tea.

Corn Cakes—One pint of meal, one of sour milk or buttermilk, one egg, one teaspoon of soda, one-half teaspoon of salt; a tablespoon of flour or corn starch may be used in place of the egg. Bake on a hot griddle.

Feather Cake—One cup of sugar, one-half cup of sweet milk, one egg, one tablespoonful butter, one cup of flour, a little salt, one teaspoonful of baking powder; flavor to taste.

Chocolate (American)—Procure the best chocolate; grate it, allowing two heaping tablespoonfuls to a quart of mixed milk and water. Boil it fifteen minutes, taking off the scum as it rises, and serve with sugar and cream.

Spanish Soup—Soak one pound of white beans over night, boil them the next morning till tender, add one small white cabbage, which has been cut up fine, a bit of bacon, a whole red pepper and some salt; boil the whole for an hour. Heat some lard or drippings in a saucepan and fry in it a sliced onion; put in the soup little by little; stir often with a wooden spoon. A little olive butter and garlic makes this a perfect representative of the favorite soup kept for all travelers in Spanish climes.

A Brown Stew—Four hours before needed put on stove a rather thick piece of beef, with little bone, and some fat, pour on just boiling water enough to cover, cover with a close-fitting lid, boil gently, and, as the water boils away, add only just enough from time to time to keep from burning, so that when the meat is tender the water may all be boiled away; the fat will allow the meat to brown without burning; turn occasionally, brown evenly over a slow fire, and make a gravy by stirring flour and water together and adding to the drippings; season with salt an hour before it is done.

Hot Slaw—Take one-half of a firm, white head of cabbage, cut into fine pieces and put in a pan with a teaspoonful of salt, about the same quantity of pepper and a piece of butter the size of an egg, adding a teacupful of vinegar and half that quantity of water. Cover and cook until the cabbage becomes tender, stirring frequently.

Mother's "Surprise"—Take half a square loaf of baker's bread, cut into thin slices, crust and all, and butter them. Peel, core and cut up sufficient of nice baking apples in proportion.

Take a pie dish, line it with bread and butter. Next make a layer of apples at the bottom, then of sugar, then of bread and so on till the dish is filled. Bake until the apples are perfectly soft; then before serving turn it out into a dish. It ought to keep its shape, and eat almost like a sweetmeat, all the ingredients being thoroughly blended in baking. Miss Idelle Jennings.
Box 433, Monroe, Wis.

FRIDAY, JANUARY THE TWENTY-SECOND.

BREAKFAST.

Stewed apricots.
Veal hash on toast. Fried sweet potatoes.
Egg rolls. Coffee.

LUNCHEON.

Spiced beef relish. Hominy croquettes.
Bread and butter. Slip.
Baked berry rolls. Coffee.

DINNER.

Baked whitefish with bechamel sauce.
Mashed potatoes.
Celery salad.
Nantucket pudding. Chocolate.

Egg Rolls—Two eggs well-beaten, one teacup of milk, one tablespoon of lard, a pinch of salt, two teaspoons baking powder and two pints of flour. Roll out, cut, and bake in hot oven.

Spiced Beef Relish—Take two pounds of raw, tender beef, chop very fine, put into it a half teaspoon of salt, quarter teaspoonful of pepper, half teaspoon of sage, and two tablespoons of melted butter; add two rolled crackers made very fine, also two well-beaten eggs. Make it in shape of a roll and bake it. Baste with butter and water. Slice when cold.

Hominy Croquettes—To a cupful of seasoned cold boiled hominy, add a teaspoon of melted butter, stir well, add a cup of milk gradually until it is all a light paste. Add a quarter teaspoon salt, and a well-beaten egg. Roll in balls, dip in beaten egg, then cracker crumbs and fry in hot lard.

Slip—Slip is bonny-clabber without its acidity and so delicate that some like it as well as ice cream. Make a quart of milk warm; then stir in one tablespoon of rennet; set it by, and when cool again will be as stiff as jelly. Serve with powdered sugar, nutmeg and cream.

Baked Berry Rolls—Roll rich biscuit dough thin, cut in pieces four by seven inches, spread over with canned berries, roll up and

bake in a dripping pan. Strew over a handful of sugar, four tablespoons hot water. Serve with sauce if liked, or eaten plain.

Nantucket Pudding—One quart of any canned fruit, two tablespoons flour, same of sugar, simmer together and turn into molds. Cover with frosting as for cake or whipped cream and sugar, browning lightly in the oven. Serve with cream.

Mrs. Walter Scott Brown.
No. 512 Gerald Building, cor. State and 26th St., Chicago.

SATURDAY, JANUARY THE TWENTY-THIRD.

BREAKFAST.

Oatmeal, with cream.
Stewed kidneys. Broiled potatoes.
Rice muffins. Coffee.

LUNCHEON.

Egg vermicelli. Brown bread and butter.
Baked bananas. Cocoa.

DINNER.

Beef roll. Baked potatoes.
Normandy salad.
Prune pie. Coffee.

Stewed Kidneys—Take two lamb or veal kidneys; cut the good parts into small pieces and lay them in salted water for half an hour. Wash well, cover with fresh water and put on the stove. As soon as it boils, drain. Chop an onion fine and brown in a tablespoonful of butter; add a cup of boiling water, a saltspoonful of salt and a shake of pepper. Put the kidneys into this and boil gently half an hour. Ten minutes before serving add a tablespoonful of tomato catchup and one of flour, rubbed smooth, in a little water.

Rice Muffins—One cupful of milk, one and one-half cupfuls of flour, half a cupful of cold boiled rice, two scant teaspoonfuls of baking powder, a pinch of salt, a teaspoonful of sugar, a heaping teaspoonful of butter and one egg. Mix the dry ingredients and rub them through a sieve into a bowl. Melt the butter and beat it into the rice. Beat the egg and add to it the milk. Add this mixture to the dry ingredients, then stir in the rice, beating all together quickly and well. Bake in gem pans twenty-five minutes in a moderate oven.

Egg Vermicelli—Boil three eggs thirty minutes. Separate the yolks and chop the whites fine. Toast four slices of bread and cut into small triangles. Make a white sauce with one cup of

milk, one teaspoonful of butter, one heaping teaspoonful of flour, a quarter teaspoonful of salt and half a saltspoonful of pepper. Stir the whites into the sauce and pour over the bits of toast arranged on a platter. Rub the yolks of the eggs through a fine strainer over the whole.

Baked Bananas—Cut five bananas in two lengthwise. Lay in a pudding dish and bake for half an hour in a moderate oven, basting frequently with a sirup made of the juice of one lemon, a tablespoonful of melted butter and three tablespoonfuls of sugar.

Normandy Salad—Stew very gently in their own liquor a small can of French peas. When the peas have absorbed all the liquor remove from fire and allow to cool. Chop half a pound of English walnuts, mix with the peas and pour over half a cup of mayonnaise dressing.

Prune Pie—Stew the prunes as for sauce, stone them and tear into small pieces. Line a deep pie dish with crust, fill with the prunes and sprinkle over half a cup of sugar and a little cinnamon. Cover with a meringue made of the white of one egg and two scant tablespoonfuls of powdered sugar.

Miss S. M. Graham,
No. 1369 South 15th street, Denver, Col.

SUNDAY, JANUARY THE TWENTY-FOURTH.

BREAKFAST.

Hominy and cream.
Cream fish on toast.
Potato scones. Cornmeal flapjacks.
Peach and prune sauce.
Coffee.

LUNCHEON.

"Little pigs in blankets."
Olive squares. Bread and butter.
Friar's omelet. Cookies.
Cocoa or hot milk.

DINNER.

Cream of rice soup.
Chicken pie. Potato hillocks. Lima beans.
Spiced apple pickles.
Peach snowdrift. Coffee.

Creamed Fish on Toast—Pick into fine flakes enough cooked fish to make a scant pint. Heat it thoroughly in a saucepan with a teacup of milk. Heat separately another cup of rich milk,

thickened with a level tablespoonful of flour rubbed smooth in a little cold milk; add to this a teaspoonful butter, a half-teaspoonful salt, a quarter-teaspoonful pepper. A tablespoonful of cream is a great improvement. Hâve ready slices of toast about three inches square buttered, with a drop of lemon juice or catsup on each slice. Lay the toast on a hot platter, put the hot fish on the slices of toast and pour the cream over. Any cold meat may be used instead of the fish. Chicken is particularly nice.

Cornméal Flapjacks—Scald over night two cups of Indian meal with a quart of boiling milk or milk and water mixed, adding one tablespoonful butter, one tablespoonful brown sugar or molasses. Cover closely and let it stand until morning, when add yolks of two well-beaten eggs, one scant cup flour and one teaspoonful salt. Heat and grease the griddle, and then add to the batter one saltspoonful soda dissolved in a little hot milk, and, last of all, whites of two eggs beaten stiff, stirred in lightly. If the batter is too stiff in the morning, stir in a little cold milk.

Potato Scones—To a heaping cup of mashed potato add a tablespoonful of milk, half a cup of flour and half a teaspoonful salt. Work the flour in well, roll out half an inch thick, cut in rounds, prick with a fork to prevent blistering, bake in a quick oven. Split and butter and eat while hot.

Peach and Prune Sauce—Wash thoroughly a pint of prunes, cover with as little cold water as possible and let them steam until tender; add a cup of sugar, a cup of juice from canned peaches and six or eight slices of peach. Let the sirup boil up enough to mix the fruit well, but not enough to break the peaches.

Olive Squares—Cut thin squares of brown bread, butter each slice and sprinkle very lightly with salt and pepper. Stone eight olives, chop them with two stalks of celery, one tiny cucumber pickle, a teaspoonful catsup, a saltspoon of salt, a pinch of pepper and a very little made mustard—just about the eighth of a teaspoonful. Mix well, spread on the brown bread, cover with another slice of buttered bread, pile in a square; if slices of cold meat are wished, they can be laid next the bread and the chopped olives on the meat.

Friar's Omelet—Stew and sift six large apples; while hot add one cupful sugar, one teaspoonful butter. When cool add three beaten eggs. Heat a large tablespoonful of butter and brown in it one cupful stale, fine bread crumbs. Butter a mold, sprinkle crumbs on bottom and sides; fill with the prepared apple, to which add juice of one lemon, cover with crumbs; bake a half-hour. When cool turn out on a platter, eat with sugar and cream. It can be eaten hot if preferred.

Cream of Rice Soup—Three pints of veal or chicken or beef broth will be needed as a basis for this excellent soup. Wash one-third cupful rice and put it on with the broth to cook. Put three tablespoonfuls of butter into a pan, and put into it when hot three tablespoonfuls each of chopped carrot, celery and onion. Let them cook slowly twenty minutes, then remove the vegetables

to the soup; stir two tablespoonfuls flour into the butter left from the vegetables, add that to the soup with a bit of mace, three cloves, one-half teaspoon pepper and two teaspoonfuls salt. Let all simmer gently two hours. Strain soup, add a quart of rich milk heated in a double boiler, boil up once and serve.

Chicken Pie—An old chicken is best for this if plump; joint the fowl and divide the breast, put on with just enough cold water to cover, a small sliced onion, and boil slowly until tender. If salt pork is liked, add, as soon as the water boils, three or four narrow shreds a finger in length; when nearly tender add half a teaspoonful of salt and a quarter-teaspoonful of pepper or a small bit of red-pepper pod. Make a crust of three cups flour, one teaspoonful (heaping) baking powder, one saltspoon salt, one-half cup butter, chopped fine with the flour, and rich milk to make a dough just soft enough to roll out nicely. If the crust is desired very rich, use three-fourths cup butter. Line the baking dish with a thin layer of this, put in the chicken, with a tablespoonful butter cut into bits and enough of the broth from the chicken to make gravy rather more than a pint. Cover with a crust, having slits cut in to allow the steam to escape. Fifteen minutes before serving raise the crust and put in two hard-boiled eggs cut in thin slices, a dozen oysters and a cup each of chicken gravy and cream or rich milk, heated and thickened with a scant tablespoonful of flour, rubbed smooth with a tablespoonful of butter. If there is any piecrust left, roll out, cut in squares, bake in a quick oven and pass with gravy made of the rest of the broth, with milk and flour added in the same proportions as the gravy in the pie; a blade of mace, a clove and a bit of red pepper improve the taste of the gravy.

Potato Hillocks—Whip boiled potatoes very light; to a pint of mashed potato add a scant tablespoon butter, a tablespoon hot milk or cream, a half-teaspoon salt, a quarter-teaspoon pepper. Beat in a raw egg, shape into small conical heaps; put in a greased pan into a hot oven, and as they brown glaze them with butter. Have the oven very hot; also have a very hot platter. Slip a cake-turner under each one and transfer to the hot dish.

Lima Beans—Wash well a pint of Lima beans in two waters; soak three hours in warm water; drain and cook in just enough water to cover them (boiling water). Cover closely and boil for an hour and a half, watching that the water does not boil away. When tender, drain; add to the water (there should not be more than a cupful) a cupful rich milk, a tablespoon each of flour and butter, rubbed together, a half-teaspoon each salt and pepper. Pour over the beans and serve. They are nice warmed over with a tablespoon butter cut up over them and allowed to brown.

Spiced Apple Pickles—To three pounds pared apples allow one pound and a half sugar and a half-cup vinegar; tie up a stick or two of cinnamon, a blade or two of mace, a few cloves, in a bag, and put with vinegar and sugar and a teacup water. When it boils put in the apples; let them cook until they are tender.

Pour the spiced vinegar over them. Scald once or twice the first week by draining off and reheating the vinegar. Small apples are best for this pickle.

Peach Snowdrift—Drain a can of peaches; take a teacup of sugar and a cup and a half of the peach juice, and boil them until the sirup is clear and rich. Drop the peaches in and let them cook a short time, not long enough to break them; lay them in a glass dish and pour over them the snowdrift made by boiling one pint milk and one-half cup sugar and two tablespoonfuls cornstarch until thick and smooth; add the stiffly beaten whites of three eggs, and a teaspoonful vanilla. Serve cold with the following:

Sauce—Scald one pint milk in a double boiler, beat two tablespoonfuls sugar with yolks of three eggs, pour milk on them, return to the fire and add one tablespoon cornstarch rubbed smooth in a little milk. Stir until it thickens; when done, add a teaspoonful vanilla. Or use cream or

Fruit Sauce—One cup peach juice, one-half cup sugar, one teaspoonful each cornstarch and butter. Mix cornstarch with sugar, add fruit sirup, boil five minutes, add butter just before the last two minutes. Miss Elizabeth Camper.

Oxford, Ind.

MONDAY, JANUARY THE TWENTY-FIFTH.

BREAKFAST.

Oranges.
Minced meat on toast, with bacon.
Buckwheat cakes—maple sirup
Coffee.

LUNCHEON.

Calves' brains, with eggs.
Spaghetti, with cream sauce.
Hot rolls. Doughnuts.
Tea.

DINNER.

Mutton broth, with rice and sliced lemon.
Corn beef—caper sauce.
Mashed potato. Cabbage—cream sauce.
Pepper mangoes.
Banana float. Coffee.

Calves' Brains, with Eggs—One pound of calves' brains soaked in cold water twenty minutes; remove the membrane. Cook ten minutes in boiling salted water; then put in cold water. When

cold break in small pieces. Stir with it three eggs well beaten, one tablespoonful of milk, butter the size of a walnut, salt and pepper to taste; remove to the fire and cook until the eggs are done.

Spaghetti, with Cream Sauce—Boil one-quarter pound spaghetti twenty minutes in salted water, then dip in cold water to separate it. Make a sauce of one cup of milk, thickened with one tablespoonful each of flour and butter melted together, grate a little cheese in it and stir in the spaghetti; heat thoroughly and serve.

Caper Sauce—One tablespoonful of butter and one of flour melted together, one cup of boiling water; stir till smooth; half-teaspoonful salt and white pepper to taste; add a tablespoonful of capers.

Banana Float—Soak one-half box of gelatine in one-half teacup of cold water. Boil three-fourths of a quart of milk and a heaping coffeecup of sugar. When boiling dip out enough hot milk to dissolve gelatine; then add this to the other milk; boil ten minutes. When cold but not stiff, stir in three bananas broken up with a fork. Put in a cold place or on ice until the next day. Remove from mold and serve with whipped cream or cream and sugar. Mrs. C. C. Howland.

No. 102 West Concord street, Boston, Mass.

TUESDAY, JANUARY THE TWENTY-SIXTH.

BREAKFAST.

Cracked wheat and cream.
Corned-beef hash. Baked sweet apples.
White muffins. Coffee.

LUNCHEON.

Panned oysters.
Baked sliced potatoes.
Brown bread sandwiches.
Spiced currants. Tea.

DINNER.

Green-pea soup.
Veal cutlets, with tomato sauce. Mashed potatoes.
Lettuce, with French dressing.
Sponge pudding. Coffee.

Corned-Beef Hash—One coffeecupful of cooked corned beef chopped very fine, two coffeecupfuls of cold boiled potatoes chopped fine, one-half cupful of water, two tablespoonfuls butter,

one-fourth teaspoonful of salt, one-fourth teaspoonful of pepper. Melt the butter in the water, then add the other ingredients and cook till thoroughly heated through; then put into a baking pan and place in the oven till brown on top.

White Muffins—One tablespoonful of soft butter, two tablespoonfuls of sugar; rub to a cream; two beaten eggs, a saltspoonful of salt, one cupful of sweet milk, two rounding teaspoonfuls of baking powder, two cupfuls of flour. Bake in buttered muffin rings.

Panned Oysters—One pint of oysters, one tablespoonful of butter, one of cracker crumbs, one-half teaspoonful of salt, one-fourth teaspoonful of pepper, one teaspoonful of lemon juice, a speck of cayenne. Put the oysters on in their own liquor, which should be strained, and when they boil up add the other ingredients, cook one minute and serve on hot-buttered toast. Garnish the dish with thin slices of lemon.

Baked Sliced Potatoes—Pare and cut five medium-sized potatoes in slices one-fourth of an inch thick, place in a buttered baking pan, dot over with a little butter and a slight sprinkling of salt and pepper; bake in a quick oven till a delicate brown, take up in a hot tureen and pour over them four tablespoonfuls of hot cream.

Brown Bread Sandwiches—Cut brown bread in very thin slices, spread with butter and put a thin slice of rich cream cheese between the slices.

Spiced Currants—If these have not been prepared in their season take one-half a can of canned currants, add one cupful of sugar and one-half teaspoonful each of cinnamon and cloves; cook until thick, then add one tablespoonful of vinegar. Any kind of fruit can be prepared in this way, or the "remnants" of two or three kinds can be put together, thereby making a pleasing change and saving the fruit. It can be put in jelly glasses and will keep any length of time.

Green-Pea Soup—Put one can of peas, one small onion sliced and one can of water together; cook twenty minutes, then add one can of milk (measure the water and milk in the can the peas were in). When hot thicken with one tablespoonful of butter and two of flour, cooked together, one teaspoonful of salt and one-fourth of a teaspoonful of pepper; boil ten minutes and strain.

Veal Cutlets with Tomato Sauce—Select the nicest cuts of veal chops, sprinkle lightly with salt and pepper, then roll in cracker crumbs and fry in plenty of butter till well done. Have ready a sauce made of one coffeecupful of canned tomatoes, in which has been cooked one small onion, chopped very fine; add a saltspoonful of salt and half as much pepper, cook slowly a long time until the onion is tender and the sauce quite thick; then add a teaspoonful of butter and pour over the chops; serve hot at once.

French Dressing for Lettuce—Three tablespoonfuls of oil,

one of vinegar, one saltspoonful of salt, one-half a saltspoonful of pepper. Put the salt and pepper in a cup and add one tablespoonful of the oil. Mix thoroughly, then add remainder of the oil and the vinegar. This is dressing enough for a salad for five or six persons. If you like the flavor of onion grate a little juice into the dressing; two or three drops will be sufficient for this rule.

Sponge Pudding—Take five pieces of common sponge cake, split them, spread with butter, put them together again and lay in the bottom of a buttered pudding dish. Make a custard of three eggs, three cupfuls of milk and half a cupful of sugar, flavor with a teaspoonful of vanilla or any flavor you choose. Pour this over the cake and bake half an hour. The cake will swell and fill the custard. Mrs. W. J. Meader.

No. 200 Division street, Elkhart, Ind.

WEDNESDAY, JANUARY THE TWENTY-SEVENTH.

BREAKFAST.

Sliced bananas, with cream.
Hominy and cream. Ham omelet.
Stewed potatoes. Popovers.
Coffee.

LUNCHEON.

Spanish hash. Stewed apricots.
Bread and butter. Coffee fruit cake.
Tea.

DINNER.

Celery soup.
Roast pork. Apple sauce.
Mashed turnip. Roast sweet potato.
Cream of rice. Coffee.

Popovers—One egg beaten stiff, one cup of flour mixed smoothly in one cup of milk, one saltspoon of salt. Mix all well together, place in hot buttered tins, bake quickly. These are very good.

Coffee Fruit Cake—One cup of molasses, one cup of brown sugar, one cup of butter, one cup of raisins, one cup of English currants, one egg, one cup of coffee (left from breakfast), one teaspoon of soda, one teaspoon each of cloves, cinnamon, allspice, four cups of flour; mix well; bake one hour in a slow oven. Makes one large cake, or enough for six meals in a family of five. It is improved by the addition of two eggs.

Celery Soup—One head of celery cut in small pieces, cooked slowly in three pints of milk; when done mix one heaping tablespoonful of flour in a half-cup of cold milk, add slowly to the soup, stirring well all the time to prevent burning; then add one tablespoon of butter, one teaspoon of salt and one of pepper. Serve hot.

Roast pork is very much improved by sprinkling a little sage over the top.

Sweet potatoes should be boiled until nearly done, then skinned and put in the pan with the pork and roasted until brown.

Cream of Rice Pudding—Two tablespoonfuls of rice, three tablespoons of sugar, three pints of milk, one stick of cinnamon; bake slowly down to one quart. Serve cold. Very nice.

Miss J. A. Davis.

No. 27 43d street, Flat D, Chicago.

THURSDAY, JANUARY THE TWENTY-EIGHTH.

BREAKFAST.

Boiled snowflakes, with cream. Eggs, au lit.
Hot rolls, butter. Coffee.

LUNCHEON.

Cold ham. Scalloped potatoes.
Bread and butter.
Sugar cookies. Red raspberry jam.
Tea.

DINNER.

Gumbo chicken. Rice.
Lettuce, with oil and vinegar. Crackers.
Cheese. Bread and butter. Souffle.
Coffee.

Hot Rolls—Pare, boil and mash two white potatoes with two spoonfuls of lard; stir in a cupful of scalded milk, with a quarter of Fleischman's yeast cake, dissolved in the milk after it cools; a teaspoonful of salt, two of sugar, one egg, beaten light, flour enough to make a firm dough; set to raise over night; in the morning work and roll out on your bread board to an inch thick, cut with a biscuit-cutter, put in your pan an inch apart, set to raise for half an hour, bake in a quick oven.

Sugar Cookies—Cream a cup of sugar and half a cup of butter, half a cup of milk; stir in flour sufficient to make a dough firm enough to roll, into which has been sifted two teaspoons

baking powder and a little grated nutmeg. Roll out very thin, cut and sprinkle over a little sugar. Bake in a quick oven till brown. Serve with preserves or jam.

Gumbo Chicken—Chop fine a small piece of cold ham, an onion, two tablespoonfuls of meat of tomato; fry brown in half a cup of butter; have the fowl cut up small, and wiped dry; fry this also brown, being careful not to scorch. Cover up with boiling water, teaspoonful of salt and pepper to taste. When tender add a can of okra; boil for fifteen minutes; thicken with a large tablespoonful of flour, serve in a deep covered dish with boiled rice as a vegetable.

Souffle—Heat two tablespoonfuls of butter in a frying pan, stir in two dessert spoons of flour till smooth, then add one tumbler of milk; heat till starch-like; put in your pudding dish and stir in the unbeaten yolks of four eggs; then whip the whites as light as possible with two tablespoonfuls of sugar, stir therein and bake in quick oven. Serve hot, with foaming sauce.

Foaming Sauce—Cream half a cup of sugar, a small half-cup of butter, add three tablespoonfuls of cream and one-half teaspoonful of vanilla, beat this in gradually with an eggbeater; set your bowl in hot water for a minute and beat well; when done it should be light and smooth. M. A. Bethune.

No. 1416 Michigan avenue.

FRIDAY, JANUARY THE TWENTY-NINTH.

BREAKFAST.

Quaker oats.
Codfish in puree of potatoes. Bread and butter.
Hominy drop cakes. Coffee.

LUNCHEON.

Sardine salad. Cracker toast.
Fairy gingerbread. Cheese.
Tea.

DINNER.

Scotch roll. Shred cabbage.
Riced potato. Togus bread.
Cheese custards. Bread and butter.
Bananas. Apples.
Shells.

Codfish in Puree of Potatoes—Six large potatoes, one pint and one cupful of milk, two tablespoonfuls butter, a small slice onion the size of a silver quarter one pint of cooked salt codfish,

salt, pepper, and one large tablespoonful of flour. Peel the potatoes and boil and mash them light and fine. Add salt, pepper, one tablespoonful butter and a cupful of milk, which has been allowed to come to a boil. Beat well and spread a thin layer of the potato on the center of a hot platter. Heap the remainder around the edge, making a wall to keep in the cream and fish which should then be poured in. Finish the border with parsley and serve.

To Prepare the Fish—Put a pint of milk on to boil with the onion. Mix flour and butter together, and when well mixed, add two tablespoonfuls of the hot milk. Stir all into the boiling milk, skim out the onion, add the fish, and boil ten minutes. Season with pepper, a little salt if necessary. This is a pretty as well as a good dish.

Hominy Drop Cakes—One pint of fresh boiled hominy (cold may be used; if the latter, break into grains as lightly as possible with a fork and heat in a double boiler without adding water), one tablespoonful water, two eggs, whites and yolks beaten separately. Stir the yolks into the hominy first, then the whites, a teaspoonful of salt, if not already salted, if it is, one-half as much. Drop by spoonfuls on well buttered tin sheets, or pans, and bake to a good brown in a quick oven.

Sardine Salad—Arrange a layer of any kind of cooked fish on a bed of crisp lettuce. Split six sardines, and if there are any bones, remove them. Cover the fish with the sardine dressing. Over this put the sardines, having the ends meet in the center of the dish. At the base of the dish make a wreath of thin slices of lemon. Garnish with parsley or lettuce, and serve at once.

Cracker Toast—Butter as many soda crackers as will be eaten and place them in a dripping pan. Set the pan in the oven until the crackers assume a golden brown color. Serve very hot.

Fairy Gingerbread—One cupful of butter, two of sugar, one of milk, four of flour, one-third teaspoon soda, one tablespoonful ginger. Beat the butter to a cream; add the sugar, gradually, and when light, the ginger; the milk in which the soda has been dissolved, and finally the flour. Turn baking pans upside down and wipe the bottoms very clean. Butter them and spread the cake very thin upon them. Bake in a moderate oven until brown. While still hot cut into squares with a cake knife and slip from the pan. Keep in a tin box. This is delicious. With this quantity enough for several days may be made. Remember to spread it as thin as a wafer and cut it the instant it is taken from the oven.

Scotch Roll—Remove the tough skin from about five pounds of the flank of beef. With a sharp knife cut meat from the thick part and lay it upon the thin. Mix together two tablespoonfuls of salt, half a teaspoonful pepper, one-eighth teaspoonful of clove. and one teaspoonful of summer savory. Sprinkle this over the meat and then sprinkle with three tablespoonfuls vinegar. Roll up and tie with twine. Put away in a cold place for twelve hours.

When it has stood so long, place it in a stew pan, cover with boiling water and simmer gently for three hours and a half. Mix four heaping tablespoonfuls of flour with half a cupful of cold water and stir into the gravy. Season to taste with salt and pepper, and simmer half an hour longer. Good, either hot or cold.

Cheese Custards—Six tablespoonfuls grated cheese, two of butter, four eggs, one cup milk with a teaspoonful cornstarch dissolved in it, salt and pepper to taste. Beat the eggs very light and pour upon them the heated milk with the cornstarch and a pinch of soda in it. While warm add butter, pepper, salt and cheese, and pour into greased custard cups. Bake in a quick oven about fifteen minutes, or until high and brown. Serve at once, with bread and butter as a separate course before dessert.

Shells—Use twice the quantity of shells that you would of broken cocoa and boil twice as long. Harriet Mann.

No. 1421 Central avenue, Evanston, Ill.

SATURDAY, JANUARY THE THIRTIETH.

BREAKFAST.

Jellied apples. Cream omelet.
Fried slices of breakfast food.
Breakfast puffs and plum butter.
French filtered coffee.

LUNCHEON.

Fried oysters. Gooseberry jam.
Parker house rolls and butter.
Cream slaw. Saratoga chips.
Walnut wafers. Tea.

DINNER.

Vegetable soup.
Roast beef. Quirled potatoes. Fried parsnips.
Sweet pickled peaches.
Orange Charlotte with whipped cream.
Graham cake. Coffee.

Jellied Apples—Pare and remove cores from tart apples, leaving them whole. Set in earthen baking dish and fill cavities with sugar; pour water about them, cover and bake slowly till soft. Allow them to cool and jelly before serving.

Cream Omelet—Beat the whites and yolks of six eggs separately till dry; salt and pepper the whites; add one tablespoon of cream for every egg. Do not allow eggs to stand after beating. Have a smooth frying pan heated, with a tablespoon of butter in

it; beat the whites, yolks and cream lightly together and pour into the pan; allow it to stand till it commences to brown, then set in oven to dry the top. Fold together and turn on a hot platter. Heated minced chicken, veal or ham may be scattered between the fold or it may be spread with jam or jelly. Serve at once.

Orange Charlotte—Juice of two oranges and lemon, one-half cup sugar, one tablespoonful gelatine. Melt the gelatine in a cup of warm water, add sugar and juice, strain; add grated yellow rind of one orange; pour on large platter, and when it begins to set mix in thoroughly the beaten whites of three eggs; pour into mold or serve in glass dish, roughly piled, with whipped cream, if wished.

Walnut Wafers—One cup flour, one cup sugar, one-fourth cup butter, one cup walnut meats, one egg, a pinch of salt. Chop nuts fine, beat the butter and sugar to a cream, add the well-beaten egg, the flour and stir in the nuts; drop in spoonfuls on buttered tins and flatten a little. Bake in a moderate oven.

Graham Cake—Take one cup each of raisins, sugar and sour cream; stew raisins till tender and add flour to them; one teaspoon each of allspice and cinnamon, one-half teaspoon soda, pinch of salt; stir stiff with sifted graham flour and bake. An excellent cake. The addition of two eggs makes it better.

Sherbrooke, N. D. Mrs. M. B. Cassell.

SUNDAY, JANUARY THE THIRTY-FIRST.

BREAKFAST.

Iced apples.
Farinose and cream. Corn cake.
Snow fritters. Maple sirup.
Coffee.

LUNCHEON.

Sardine salad. Scalloped potatoes.
Pulled bread. Cheese puffs.
Bromo.

DINNER.

Mock oyster soup.
Walled chicken. Parsnip cakes.
Buttermilk bread and butter.
Graham fruit pudding, with sauce.
Tea.

Iced Apples—Pare and core six tart apples; fill each one with a teaspoonful of sugar, a bit of butter and a dash of nutmeg; bake until nearly done; make lemon icing of two tablespoons of sweet milk and six tablespoons of powdered sugar; add a half-

teaspoonful of lemon essence; beat briskly, and when the apples are cold frost the top and sides; set in oven a minute to brown slightly. They are sometimes served with cream.

Snow Fritters—Mix a half-pint of milk with a liberal pint of flour; when a thick batter is obtained add a half-teaspoon of salt and finally a cup of light snow (snow must be light and dry); fry the fritters in a kettle of hot fat as soon as possible, keeping the batter where it is cold between each frying. This dish can be varied by adding a finely chopped apple and an egg, making snow pancakes.

Many dainty dishes and cakes may be made deliciously light by adding a cupful or bowlful of new-fallen snow in its season.

Sardine Salad—Wash the oil from a box of domestic oil sardines; remove bone and skin; put in salad bowl with two bunches of crisp lettuce well washed; chip up the yolks of four hard-boiled eggs; make a dressing by mixing two tablespoonfuls of vinegar with six of good salad oil or melted butter, an even teaspoonful of salt and half a saltspoonful of pepper; mix all together; serve at once.

Pulled Bread—When making waterbread take dough enough for a loaf and divide it into eight equal parts. Roll these pieces into strands the length of the breadpan, and placing the strands close together pinch them into one piece of dough at one end. Braid the strands as if they were pieces of ribbon. Press the braided mass until it is the size of the pan and put it in the pan. Let it rise, and bake like the other bread. Let it stand ten or fifteen minutes after it comes from the oven; then tear it apart in long, thin pieces. Spread these in a large dripping pan or tin sheet and bake in a very hot oven until brown and crisp—a quarter of an hour. Serve hot. The work should be so timed that the bread will be ready for the oven one hour and three-quarters before time for serving. The bread may be prepared any time and heated again when desired for the table, but is best fresh.

Cheese Puffs—Take two tablespoonfuls of butter, four of flour, four of grated cheese, one cupful of water, half a teaspoonful of salt, one-fifth of a teaspoonful of cayenne and two eggs. Put the butter and water on the stove in a saucepan. Mix the flour, cheese, salt and pepper and stir the mixture into the boiling liquid in the saucepan. Cook for three minutes, beating all the while; then remove from the fire and cool. Then add the eggs, unbeaten and one at a time. Beat batter five minutes. Butter a baking pan and drop a heaping teaspoonful of the mixture in it for each puff. Leave considerable space between them, as they rise to three times their original size. Bake in a moderate oven for about twenty minutes. Serve hot.

Mock Oyster Soup—One full cup of tomatoes, two-thirds cup of picked codfish (left-over cod will answer), two cups of boiling water, one tablespoonful of butter, a piece of soda size of two peas; boil all together twenty minutes; rub through a colander; return to saucepan with one cup of sweet milk added, and boil

five minutes; season with salt and pepper to taste. Serve with crackers.

Walled Chicken—One fowl, eight potatoes, medium-sized, two eggs, four tablespoonfuls of butter, half-cup of milk, three cupfuls of chicken stock (the water in which the fowl was boiled), one tablespoonful of chopped onion, one sprig of parsley, one slice of carrot, a bay leaf, two large tablespoonfuls of flour. Stew the fowl tender the day before using. Let it cool in the stock water, then free it from skin and bone and cut in pieces suitable for serving. Sprinkle with one-half teaspoonful of salt. Pare potatoes and put to boil an hour before dinner. Fifteen minutes after prepare the chicken thus: Put three tablespoonfuls of butter into a frying-pan with the vegetables and herbs and cook slowly for five minutes; add the flour and stir smooth. Do not brown it. Gradually add the cold chicken stock. When the liquid boils up add one-eighth teaspoonful of pepper and a half teaspoonful of salt; simmer five minutes. Pour this sauce over the chicken; simmer ten minutes and keep hot. Cook potatoes one-half hour; pour off the water; heat the milk; mash smooth; add hot milk, one tablespoonful of butter and one-half teaspoonful of salt. Beat the whites of eggs to a froth and stir into the potato. Heat a stone-china platter; arrange the potato as a border around the center of the dish. Beat together the yolks of eggs and two tablespoonfuls of water and spread over the potato. Bake for ten minutes, then pour the chicken mixture into the center of the border. Any kind of cold meat, game or fish can be treated this way.

Buttermilk Bread—One quart of sour buttermilk, one large tablespoonful of sugar, two even teaspoonfuls of soda, three tablespoonfuls of butter, one teaspoonful of salt, two quarts and three-quarters of flour. Heat the buttermilk to the boiling point, stirring frequently to prevent curdling. Add the sugar and pour in a large bowl. Now gradually sift into this mixture one quart of flour, stirring constantly. Beat well, cover and let stand in a warm room over night, say from 9:30 p. m. to 6:30 a. m. In the morning dissolve the soda in three tablespoonfuls of water and add to the batter with the salt and butter melted. Beat thoroughly; gradually beat in the remainder of the flour, reserving a half-cupful for kneading. Knead fifteen minutes. Divide into three parts and shape into loaves. Place in buttered pans and bake immediately one hour.

Graham Fruit Pudding—Two cupfuls graham flour, one cupful of currants or raisins, one cupful sweet milk, one cupful molasses, one egg, one teaspoonful salt, one teaspoonful soda. Mix all together. Pour this thin batter into the pudding pail and boil two and one-half hours.

Sauce—One tablespoonful of butter, the same of cornstarch. one cup of boiling water; mix. Add one-half cup of sugar and one tablespoonful of vinegar. Boil up once and serve.

Janesville, Wis. Shirlie De Forest.

MONDAY, FEBRUARY THE FIRST.

BREAKFAST.

Stewed prunes.
Rolled oats.—Sugar and cream. Broiled ham.
Scrambled eggs.
Entire wheat flour muffins. Coffee.

LUNCHEON.

Baked beans, with bacon.
Cold slaw. Apple sauce.
Boston brown bread.
Tea.

DINNER.

New England boiled dinner.
Mustard sauce.
Thinly sliced brown bread and butter.
Apple and tapioca pudding.
Coffee.

Scrambled Eggs—Put eight tablespoonfuls of sweet milk in an earthen dish and set it on the range to heat. When it is near the boiling point add half a teaspoonful of salt and a small tablespoonful of butter. Break into this one at a time five eggs. Use a knife and stir gently from the sides and bottom of the dish until the eggs are well cooked, but not too hard. Serve on a hot platter with a little pepper sifted over them.

Entire Wheat Muffins—Sift thoroughly with one and a half pints of entire wheat flour, two teaspoonfuls of baking powder, half a teaspoonful of salt and one tablespoonful of sugar. Add to this three-quarters of a pint of sweet milk, to which has been added the well-beaten yolk of an egg and two tablespoonfuls of melted butter. After these ingredients are well mixed and just before putting into well-greased muffin rings add the white of the egg well beaten. Bake in a hot oven twenty minutes, or until nicely browned.

Baked Beans—Soak over night one pint of small white or navy beans. In the morning put them to boil, with plenty of water to cover them, and add more if it becomes absorbed. Boil with them one-half pound of breakfast bacon, after having cut off the rind and outside. Let them boil gently until tender, but not soft enough to break to pieces; then, just before taking from the fire, add one-half teacupful New Orleans molasses. Let all boil up once, then pour into a buttered baking dish. Cut the bacon in slices and lay on top of beans. Put in a hot oven and bake until well browned, which will take from one and a half to two hours.

New England Boiled Dinner—Three pounds of corned beef taken from the round. Wash it in cold water and put over the

fire in a large kettle with sufficient cold water to cover it three or four inches. Set where it will slowly come to the boiling point. Skim well and let it boil slowly three hours. After the meat is put to cook, wash two or three beets carefully, without breaking the skin or cutting the roots, and put them to boil in another kettle with plenty of actually boiling water. Then peel two large white turnips and one small yellow one, cut in quarters, scrape two parsnips and two carrots and half a dozen good-sized potatoes; lay all in cold water until time to add them to the meat. Save half of the head of cabbage used for the cold slaw, cut the stalk out without breaking the leaves apart, bind it with twine and keep it whole while cooking. The vegetables except the beets are to be added to the meat in proper succession, allowing sufficient time for each to cook. The carrots, parsnips and turnips will boil in about one hour, the cabbage in about the same time, the potatoes in about half an hour. The beets will take from two to three hours, according to size, and, if liked cold, may be cooked in the morning. When tender put in cold water for a few minutes, rub off the skins, drain and slice crosswise and lay slices in a vegetable dish. Sprinkle salt over them and vinegar enough to almost cover them. When the boiled dinner is served put the meat in the center of a large platter and arrange the vegetables around it. A dish of stewed squash is liked by some with a boiled dinner. If the beef is not fresh corned, it should be soaked in plenty of water over night, and the water should also be changed several times during the cooking.

Mustard Sauce—After the meat has been boiling two hours take a pint of the broth to use for the sauce. Peel and chop a small onion fine, add to the broth and boil half an hour; then add a tablespoonful of dry mustard, a gill of vinegar and a high seasoning of salt and pepper. Stir the sauce until it is thoroughly incorporated and keep hot until required for the meat. The sauce is a very nice addition to corned beef.

Apple and Tapioca Pudding—This may be made in the morning, for it is best cold. Soak one teacupful of pearl tapioca over night in water; peel half a dozen tart apples, cut in quarters, lay in a buttered pudding dish, sprinkle with sugar and cinnamon, pour the tapioca over the apple, sprinkle again with the sugar, add a few bits of butter and water enough to come up over the apples; cover and bake one hour; serve with sugar.

Mrs. W. T. Welles.

Elmwood, Peoria County, Ill.

TUESDAY, FEBRUARY THE SECOND.

BREAKFAST.

Wheatlets. Sugar and cream.
Breakfast sausage.
Apples baked with jelly.
Corn muffins. Coffee.

LUNCHEON.

Rumbled eggs and sardines.
Whole wheat bread and butter.
Fig jam. Cocoa.

DINNER.

Purée of carrots.
Roast neck of mutton, with dressing.
Baked potatoes. Canned peas.
Date pudding. Hard sauce.
Coffee.

Breakfast Sausage—Chop one pound of lean fresh pork, and add to it half a teaspoonful of powdered sage leaves, half a teaspoonful of salt and a saltspoonful of black pepper; mix thoroughly and form into small cakes; put a tablespoonful of dripping into a frying-pan; when hot fill with the cakes, fry until nicely browned on both sides; remove from the pan, add a tablespoonful of flour to the fat in the pan. Mix, add a small cup of milk. Stir until it boils, season with salt and pepper and pour over the sausages.

Baked Apples—Wash three good-sized sweet apples and halve them from stem to blossom. Do not peel, but remove cores and fill with currant jelly. Bake until apples are tender and serve with sugar and cream.

Corn Muffins—One cup yellow cornmeal, one-half cup of flour, one large tablespoonful of sugar, one and one-half teaspoonfuls baking powder, one beaten egg, one and one-half cups of sweet milk, a saltspoonful salt; bake in hot greased gem pans.

Rumbled Eggs—Take a small tablespoonful of butter and two of cream or milk, warm in a frying-pan. Break four eggs, or more if needed, in the pan and stir until slightly cooked; then add four sardines broken in small pieces, from which the skin and large bones have been removed. Pour over one-half tablespoonful of Worcestershire sauce and serve hot. A good recipe for cooking in chafing dish.

Fig Jam—Take one pound of good figs, chop fine and put them on to cook with half a pound of sugar, one cup of water and half a grated nutmeg. Cook until thick; place in a wet mold, and when cold they are ready to serve. Will keep some time if put in glasses and sealed.

Purée of Carrots—Boil enough carrots to make a pint after being rubbed through a colander. Put one and one-half pints of milk, carrots and a saltspoonful of salt over the fire; when boiling add three small tablespoonfuls of flour rubbed smooth in a little cold milk; stir constantly as it boils; add a teaspoonful of butter and a dash of pepper just before taking from fire.

Roast Mutton—Boil a neck piece of mutton until so tender that the bones will slip out; then press the meat closely together, shaping nicely with the hands. Place in a dripping-pan, and over

the meat spread a thick dressing of bread crumbs seasoned with butter, salt, pepper and sage, and pour in the pan the pot liquor; bake until brown, basting frequently. A nice dish at a small expense, and is excellent sliced cold for luncheon. Beef may be prepared in the same way.

Date Pudding—Shred and chop fine one cup of suet. Beat the suet, one cup of sugar and the yolks of two eggs together until light, then add one cup of milk and three cups of flour. Beat until smooth, add one teaspoonful of cinnamon, half a teaspoonful salt, half a nutmeg grated, the well-beaten whites of the eggs and a teaspoonful of baking powder. Mix well and add one pound of washed, stoned and chopped dates, slightly floured; turn into a greased mold and boil continuously for three hours. Serve hot with hard sauce. Mrs. Marion C. Wilson.

No. 6407 Lexington Avenue, Chicago.

WEDNESDAY, FEBRUARY THE THIRD.

BREAKFAST.

Graham fruit mush with cream.
Breakfast shortcake.
Fried cornmeal muffins.
Coffee.

LUNCHEON.

Curried rabbit.
Brown biscuits. Potato omelet.
Fruit pinwheels.
Chocolate.

DINNER.

White soup.
Sponge steak.
Potato puffs. Parsnip fritters.
Winter succotash.
Peach cream tart. Coffee.

Graham Fruit Mush—Stir into a quart of slightly salted boiling water one and one-half teacupfuls coarse graham flour. Boil twenty minutes; then stir into it a half teacupful rich milk and one teacupful of chopped dates, scalded and stoned, or a cupful of figs treated in the same way, or a cup of canned blackberries, drained and sweetened, with a tablespoonful of the juice. Plain graham mush is excellent cut in slices, when cold, dipped in beaten egg and rolled bread crumbs, and fried in hot lard.

Breakfast Shortcake—Sift and mix thoroughly a scant quart of flour, two heaped teaspoonfuls of baking-powder, one teaspoon-

ful of salt, one teaspoonful of sugar; rub into this one tablespoonful each of lard and butter and add sweet milk enough to form a dough just stiff enough to roll out; roll rather less than half an inch thick and bake in light layer-cake pans; have ready two teacups of finely chopped meat and one-half teacup chopped or mashed cold potato; heat this on a skillet, with a large tablespoonful of butter, a half-teacup water, a cup milk, a quarter teaspoonful salt, a good pinch of pepper; thicken this with a teaspoonful each of flour and butter rubbed together; split the cakes, butter them and spread the creamed meat between; there will be three thin layers, and if liked one can be reserved to have a layer of berries, peaches, prunes or other fruit between and sprinkled with sugar while hot.

Fried Cornmeal Muffins—Mix one pint sifted Indian meal with one-half teaspoonful salt and one tablespoonful of sugar; pour gradually on this one pint boiling water; cover after beating well and set away until morning; add two well-beaten eggs; beat thoroughly; dip a tablespoon in cold milk and with the wet spoon dip up the batter by the tablespoonful and fry in boiling lard; turn each once while cooking.

Curried Rabbit—Joint and soak a rabbit half an hour in cold, salted water. Drain and put into a saucepan with three thin slices of salt pork cut into strips, and a medium-sized onion, sliced fine. Stew slowly in just enough cold water to cover, about an hour, or until tender. Boil a teacup of rice in three cups of water in a separate vessel; when nearly done add half the juice of a can of tomatoes and let it cook slowly until the rice has absorbed the juice. When the rabbit is tender add to the rice a tablespoonful of butter, one of cream, a half teaspoonful of salt and a good pinch of curry powder and make a border two inches high of the rice around a very hot platter. Take out the rabbit and strips of pork, lay them inside the wall of rice; add to the gravy in the saucepan a cup of milk, a tablespoonful of butter, a teaspoonful of curry powder; thicken with a tablespoonful of flour rubbed smooth in a very little cold milk; add the traditional squeeze of lemon juice, without which no curry is complete, boil up and stir; pour over the rabbit and serve at once.

Potato Omelet (no eggs)—Boil and mash nine medium-sized potatoes; beat until light and foamy. Add one level teaspoonful of salt, two tablespoonfuls of butter, one-third teaspoonful of pepper, one-half cup of hot milk; put one large tablespoonful of butter into the frying-pan; heat, but do not brown; turn the potato mixture into it, spreading smoothly. Cover and set the pan where the omelet will brown slowly and steadily. It will take about ten minutes. Fold it, turn on a very hot dish. Do not let it wait a moment after taking it up.

Brown Biscuit—Set a dough over night of two cups of graham flour, one cup white flour, one cup milk, two tablespoonfuls of brown sugar, one-half teaspoonful of salt, four tablespoonfuls good yeast; in the morning knead, adding one large tablespoonful melted butter, one-half teaspoonful of soda dissolved in hot water

before kneading; cover closely; keep moderately warm; one hour before lunch roll out a half-inch thick, cut with a cake cutter, range in a greased pan, glazing the tops with melted butter; bake quickly when light.

Fruit Pin-Wheels—Roll out pie crust thin, and cut into strips about three inches wide and six or eight inches long; spread with marmalade, peach butter or thick jam or firm jelly; roll up, fasten the edges firmly and bake in a quick oven; when sliced across the little spirals are very pretty.

White Soup—Boil four large potatoes, six tomatoes, four small onions, in two quarts of water until soft; rub through a colander; add four tablespoonfuls crushed tapioca. Boil twenty minutes longer; then add two tablespoonfuls butter, one teaspoonful each salt and sweet marjoram and a half-teaspoonful pepper. Heat a pint and a half of milk; thicken with a teaspoonful each butter and flour rubbed together; pour this into the soup; boil up; pour into a hot tureen and serve with small squares of toasted bread. This is sufficient for at least two dinners.

Sponge Steak—Put two and one-half pounds of round steak into a covered saucepan with just as little cold water as will answer and let it cook slowly until it falls to pieces. Remove bones, fat and gristle and mince "exceeding fine"; add one small teaspoonful salt, one-fourth teaspoonful pepper, one tablespoonful catchup, one pinch nutmeg. Press out the juice, work in one unbeaten egg and form into cakes four inches long by three wide. Brown in hot butter and lay on a bed of parsley. Add to the juice a full tablespoonful butter, a cup of milk, a half-cup water, one-third teaspoonful of salt, a saltspoon of pepper; thicken slightly and pour round the steak. A half-can of mushrooms or a dozen oysters with their liquor make a nice sauce for this excellent steak.

Winter Succotash—Soak a pint each of dried corn and lima beans over night. Next day cook them separately until tender. A pinch of soda in each vessel hastens the process. Cut a thin slice of salt pork into tiny dice and divide it between them. When they are tender put them together, adding a large cupful of rich milk, a great spoonful of butter, a half-teaspoonful of salt and a tablespoonful of flour. Many prefer a can of sweet corn to the dried. Let the milk boil up once, then turn into a hot dish.

Parsnip Fritters—Scrape and boil tender two large parsnips. Rub through a colander and mash. Beat in one egg, two tablespoonfuls of milk, two teaspoonfuls of flour, one-half teaspoonful of salt, one-fourth teaspoonful of pepper. Make into small, flat cakes, flour slightly and fry on a griddle in butter or good dripping. Brown on both sides.

Creamed Peach Tart—Line a deep pie dish with good pie crust and nearly fill it (two-thirds full) with slices of canned peaches that have been dropped into boiling sirup and cooked for two or three minutes. Cover with not the very thinnest

crust and do not pinch down the edges. When done allow it to cool, raise up the top crust and pour in the following cream, which should cool for a few moments before being poured in: One small cupful of milk, heated to boiling; one tablespoonful of white sugar, one-half teaspoonful of cornstarch wet in cold milk. Let it boil well, then add the whites of two eggs beaten to a stiff froth before removing from the fire, then add one-fourth teaspoonful of vanilla. Mrs. Mary J. Bouton.

No. 1841 Pendleton Avenue, Kansas City, Mo.

THURSDAY, FEBRUARY THE FOURTH.

BREAKFAST.

Boiled hominy with cream.
Scotch eggs. Breakfast rolls.
Stewed raisins.
Coffee.

LUNCHEON.

Pigs in blankets.
Brown bread and butter. Tea jelly.
Macaroons.
Cocoa.

DINNER.

Veal loaf. Baked potatoes.
Oyster salad. Wafers.
Apple snow with custard sauce.
Coffee.

Tea Jelly—Dissolve one-half box of gelatine in just enough water to cover it. Add one pint of strong hot tea and one cupful of sugar. Stir well and strain into molds. Serve very cold, with cream and sugar.

Oyster Salad—Boil a pint of oysters in their own liquor until they plump. Drain, cool, chop and mix with an equal amount of celery or lettuce. Pour on mayonnaise dressing, and serve with wafers.

Apple Snow—Core and quarter, but do not pare, three large tart apples. Stew until tender and rub through a fine sieve. Beat the whites of three eggs stiff, add one-half cup of powdered sugar, and beat again. Add the apple and beat until like snow. Pile lightly in a dish and serve with the following sauce:

Custard Sauce—One pint of milk, the yolks of three eggs, one teaspoonful of cornstarch, and one tablespoonful of sugar. Cook in a saucepan set in boiling water. Mrs. C. V. Stockdale.

No. 291 Ontario Street, Chicago.

FRIDAY, FEBRUARY THE FIFTH.

BREAKFAST.

Halved oranges.
Purina wheat, with butter and sugar or cream.
Meat slices warmed in gravy.
Johnny cake. Coffee.

LUNCHEON.

Peas on toast.
Steamed graham bread. Jam.
Vanities.
Tea or malted milk.

DINNER.

Steamed beef. Creamed parsnips.
Baked peeled potatoes.
Chow-chow.
Baked apple pudding.
Coffee.

Meat Slices—Place about a dozen thin slices of any cold roast or boiled meat (this has special reference to the roast described below) in a saucepan. Sprinkle over this a teaspoonful of flour, bits of butter. and a pinch of salt and pepper. Pour over all a small half-cup of water. Cover and bring to heat just sufficient to cook the gravy. This is nice for a luncheon dish, with eight sliced olives warmed with the gravy.

Peas on Toast—Pour a can of sweet, small peas into a saucepan to cook until tender. Into this stir the following: A half-cup butter, beaten to a cream, with a tablespoonful of flour, and a quarter teaspoon of salt. Add a half-cup of hot water. Pour the peas and gravy over six light-brown slices of toast, arranged on a large platter. Serve quite hot.

Steamed Graham Bread—Place slices of stale bread side by side in a steamer or colander over a kettle of water and cover over the top with folded clean cloth. Steam only long enough to make bread moist and hot.

Vanities—Beat two eggs very light, add half teaspoon of salt and flour to roll. Take a piece of dough as large as a hickory nut, roll as thin as paper, cut and fry in hot lard. They will be done in a few seconds. Sprinkle with powdered sugar. This will make enough for two luncheons (rewarming the second day in a hot oven a moment). They are crisp and light.

Malted Milk—This very healthful drink can be easily made from directions on the bottles which all druggists keep.

Steamed Beef—Have ribs only removed from a two-rib roast.

Roll up and tie with a cord. Rinse in boiling water. Place it in an inch of boiling water in a three-quart tin pan whose depth equals the height of the beef. Cover tightly and set in a moderate oven for three hours. After it has cooked about an hour sprinkle with a small teaspoon of salt. It needs no watching. When done let it stand for ten minutes in a hot oven uncovered. This is more tender than the usual roast and richer in nourishment than a boiled piece. Remove the meat and thicken the liquid in pan with one and a half tablespoons of flour. The gravy that is not wanted for dinner should be poured over the meat. The meat will be nice in any way for the next day.

Creamed Parsnips—Peel and cut in two six medium-sized parsnips, slice lengthwise. Cook two sliced sweet potatoes with these. When tender add hot water enough to the water in which they were boiled to make about a cupful. Stir in a large tablespoonful of butter mixed with a tablespoonful of flour and yolk of an egg, quarter of a teaspoonful of salt and a pinch of pepper. Boil one moment. Delicious.

Apple Pudding—Six large, pleasant apples, slice thin, lay in a pudding-dish. Bring quart of skim milk to boiling point. Stir in two dessert spoonfuls of cornstarch wet in a little cold milk. When smooth and thick remove from fire. Carefully stir in two well-beaten eggs and a half-cup of sugar. Pour this custard over the apples and bake until tender. Serve cold with the cream taken from the milk, sweetened and flavored to taste.

Mrs. C. T. Lindley.

No. 1504 Brady Street, Davenport, Iowa.

SATURDAY, FEBRUARY THE SIXTH.

BREAKFAST.

Cracked wheat with cream.
Fried mush. Baked apples.
Doughnuts. Coffee.

LUNCHEON.

London potatoes. French Beans.
Gingerbread. Hot milk or tea.

DINNER.

Bean soup.
Jellied chicken. Baked tomatoes.
Mashed potatoes.
Home salad.
Dainty dessert.

Fried Mush—Slice well-cooked mush (stiff enough to mold nicely in greased pan or dish about one-quarter inch thick. Cut in neat squares or oblongs. Drop in smoking hot fat as you would French-fry potatoes. When a delicate brown lay on paper a few minutes. Serve with or without maple sirup. Cook enough mush for several mornings. It keeps well in a cold place.

Doughnuts—Three-fourths of a cup of granulated sugar, two eggs beaten separately, one cup of sweet milk, three tablespoonfuls of melted shortening, three cupfuls of flour, three heaping teaspoonfuls of baking powder, half-teaspoon of grated nutmeg. Mix as for good cake, reserving beaten whites till last. Then work in two more cupfuls of flour. The dough should be quite stiff, so as not to absorb much fat while frying. This should make about 50 cents worth of doughnuts, counting them at 10 cents a dozen, if the dough is rolled sufficiently thin—about one-fourth inch—as they become very light while cooking.

London Potatoes—Fry slices of cold potato, about one-fourth inch thick, till a nice brown; lay them on a hot dish and place on each piece a thin slice of hard-boiled egg, allowing two eggs for five persons. Pour over all the following, hot:

Sauce Piquante—Melt a tablespoonful of butter; sift in two tablespoonfuls of flour, stirring all the time; add salt and pepper to taste, and then gradually one gill of water and one gill of vinegar; stir well until the sauce has boiled a few moments. A little parsley may be added.

French Beans—Soak a pint of navy beans over night; put on to boil in one quart of fresh water; at the end of half an hour add one teaspoonful, or less, salt and boil again gently and without breaking for another half or three-fourths of an hour; meanwhile, cook a very small sliced onion in a cupful of tomato juice; strain or not, as you choose; about this time the beans are done; thicken this with flour and butter; put in half the beans, well drained; re-heat and serve.

Bean Soup—Thoroughly mash the remaining half of the beans; return them to the liquor with a small minced onion and a small handful of celery tops, dried and saved for soups; add water or stock if there is not enough bean liquor; season to taste.

Jellied Chicken—Use the remnants of chicken from the previous day's dinner and all the clean bones, or save out the wings, back, neck, liver, gizzard, etc., for this purpose. Stew until the meat readily drops from the bones. Juice of half an onion is an improvement. Drain and chop the meat, not too fine, and mix in a little celery seed and a half teaspoonful of salt, half that amount of pepper. Return the bones and liquor to boil down until you have just sufficient to wet the chicken, which you have meantime arranged in a dish to mold. Have three layers of chicken in the mold. In the two spaces between them put thin slices of hard boiled egg. Put in a cold place. One egg is suffi-

cient. It may be omitted. This is so rich it should be enough for two days.

Baked Tomatoes—The tomatoes from which the juice was drained at luncheon should be drained again if still wet. Put a thin layer of fine bread crumbs in a well-greased baking dish, a thick layer of tomatoes, just enough minced onion to flavor delicately, many tiny bits of butter, salt, pepper and another thin layer of bread crumbs. Repeat until the dish is full, having crumbs on top. Bake slowly about an hour.

Salad—Some string beans and boiled cabbage left from yesterday's dinner; and some beets pickled last fall, coarsely chopped; a tablespoonful or more piled on small lettuce leaves on each of the necessary number of individual plates and a thin mayonnaise dressing over all. The lettuce can be raised in a roomy window-box in a sunny window, where it looks very pretty growing. A few leaves may be cut at a time as needed, the roots left to send up more leaves.

Dainty Dessert—One and one-half pints of milk, two eggs, two level tablespoonfuls of corn starch, two tablespoonfuls of granulated sugar, two dessertspoonfuls of pulverized sugar. Boil half the milk in a double boiler, add the corn starch rubbed smooth in a little cold milk, the granulated sugar and the whites of eggs beaten stiff. Whip the last in lightly and remove at once from the fire. Flavor with almond. Put in wet cups and set away to cool. Boil the remaining half of the milk in the double boiler. Stir in the beaten yolks and pulverized sugar. Strain into a pitcher, flavor with vanilla and set away to cool. When serving, pour custard around each mold.

Mrs. Herman S. Piatt.

No. 501 S. Mathews Avenue, Urbana, Ill.

SUNDAY, FEBRUARY THE SEVENTH.

BREAKFAST.

Hominy and cream.
Croquettes of odds and ends.
Crushed wheat griddle cakes.
Figs and dates.
Coffee.

LUNCHEON.

Oyster shortcake.
Graham lunch bread.
Hot slaw.
Italian afternoon cakes.
Chocolate.

DINNER.

Cream of pea soup.
Breast of veal—chestnut stuffing.
Tomato sauce.
Potatoes baked with veal.
Scalloped parsnips.
Plum-pudding croquettes.
Lemon sauce.
Coffee.

Croquettes of Odds and Ends—These are made of any scraps or bits of good food left over from several meals, so little of each that they cannot be made use of separately. For instance, two spoonfuls of frizzled or creamed beef, one mutton chop, two hard-boiled eggs, a spoonful of cold rice or oatmeal. Remove all skin and gristle from the meat, chop it fine, use cold potato or rice in proportion of two-thirds meat to one of potato; add a beaten egg and a very few bread crumbs; moisten if necessary with a little cold milk; season with salt, pepper and catchup, mold into croquettes, dip first into beaten egg, then into rolled bread crumbs, fry in hot lard. A little cold chicken, a part of a baked apple, improve the croquettes.

Crushed Wheat Griddle Cakes—To one large cupful of cooked crushed wheat add one pint of milk and one well-beaten egg. Sift together one and one-half pints of flour, one teaspoonful sugar, one-half teaspoonful of salt, two teaspoonfuls of baking powder, add gradually to the crushed wheat. Bake on a hot griddle.

Figs and Dates—Stone enough dates to fill a teacup; chop in half enough figs for two cups. Wash both in warm water; then put into a saucepan with as little cold water as may be, just enough to keep them from burning. Steam for about twenty minutes. For most palates they will not need sugar, but if a rich sirup is wished put a teacup of sugar into the saucepan when the fruit is half cooked.

Hot Slaw—Chop half an ordinary cabbage fine and sprinkle lightly with flour. Melt one tablespoonful of butter in the oven; put the cabbage into it and replace in the oven. Mix one tablespoonful of mustard, one teaspoonful of sugar, one tablespoonful of olive oil or melted butter, one beaten egg and three-fourths cup of cream. Heat thoroughly; pour over the slaw, after sprinkling it with salt and pepper; put into a hot dish and serve.

Italian Afternoon Cake—One cup of sugar, one-half cup of butter, one cup of milk, three eggs, one cup of raisins, currants and citron mixed and chopped fine, three cups of flour, two teaspoonfuls of baking powder, mixed with the flour; flavor with nutmeg and cinnamon. Beat well, bake in small pans or gem pans. Eat warm with hot chocolate.

Cream of Pea Soup—Cook a can of green peas in just enough hot water to cover, together with a small onion cut up fine, until tender. Mash and add a pint of stock, or water; of course stock is best. Cook together until smooth, but not brown, two tablespoonfuls of butter and one of flour. Add to the peas with a coffee cup of rich milk and one of cream. Season with a half-teaspoonful of salt and a quarter-teaspoonful of pepper. Allow it to boil up once. Strain and serve. A teacup of whipped cream added the last minute is a most delightful addition. Ten cents' worth of cream will do for both pea soup and parsnips.

Stuffed Shoulder or Breast of Veal, with Chestnut Dressing—Remove the bone from the shoulder of veal without cutting through the outer skin. Take the shells from twelve large chestnuts, boil and mash the chestnuts, add to them a large teacup of fine bread crumbs, a tablespoonful of butter, a half-teaspoonful of salt, a little pepper, a tablespoonful hot water, juice of half a lemon, a little catchup if liked. Put this dressing where the bone was, sew and truss the shoulder into shape, put into a baking-pan, the bones under it. Dredge with flour, put a large tablespoon butter and a small cup hot water into the pan. Bake it, allowing twenty minutes to the pound, basting occasionally. An hour before the veal is done pare twelve medium-sized potatoes and put them around the veal. As soon as they are half done turn them so that they may bake evenly. When they are ready range them round a hot platter, lay the veal in the center. Put a tablespoonful each of butter and flour rubbed together into the baking-pan, brown this, then add gradually one pint boiling water, a scant teaspoonful salt, a half-teaspoonful pepper. Stir, let it boil up once and serve with meat and potatoes. Five cents' worth large chestnuts will make enough dressing. Breast of veal may be used instead of shoulder.

Tomato Sauce—Put one pint stewed tomatoes, with one small onion, sliced fine, a bay leaf, a sprig of parsley and a blade of mace, on to cook and simmer slowly for ten minutes. Melt three teaspoonfuls butter, add to one tablespoonful flour, mix until smooth. Mash tomato through colander or sieve, add flour and butter, with a half-teaspoonful salt and a quarter-teaspoonful pepper; stir for a moment and then pour into a hot dish.

Scalloped Parsnips—Scrape and boil until tender. This will take about forty-five minutes. Mash while hot a sufficient number to make a pint. Beat into this two tablespoonfuls of butter, two of cream, a well-beaten egg, one-half teaspoonful of salt, a little pepper. Butter a dish and put in a layer of crumbs, pour in a good layer of the parsnips, then a layer of crumbs, until the pan is full, using a layer of crumbs last. Sprinkle a very little salt and pepper over the last layer, add a tablespoonful each of melted butter, milk and hot water, and brown rapidly in the oven.

Plum-Pudding Croquettes—Put a pint of milk in a saucepan on a part of the range where it will be warm but not hot.

Crumb enough stale bread into it to take up the milk—about a teacupful of crumbs. Let it soften, then add one well-beaten egg, two tablespoonfuls of sugar, one-quarter teaspoonful of salt, one-eighth teaspoonful of nutmeg, one pinch each of cinnamon and cloves, one cupful of chopped fruit, raisins, currants, citron or soft stoned prunes or dates. Set aside until perfectly cold, then form into croquettes, using as little flour as possible. Beat an egg very light and mix with it one tablespoonful of boiling water—the yolk alone makes too heavy a crust for these delicate croquettes. Do not roll the croquettes in the cracker crumbs, but sift the crumbs over the croquettes after dipping into the egg. Fry carefully in hot lárd, using the wire basket if at hand.

Lemon Sauce—Beat three-quarters of a cupful of butter with a cupful and a half of sugar and two tablespoonfuls of flour. Pour over this three-quarters of a pint of boiling water. Stir until a perfectly smooth liquid; add the juice of a large lemon. If preferred, cut the lemon in thin slices, without peeling, and put into the sauce; remove the seeds.

Mrs. W. D. Gilman.

No. 2520 Elma Street, Kansas City, Mo.

MONDAY, FEBRUARY THE EIGHTH.

BREAKFAST.

Oat flakes, with cream.
Breakfast bacon, with fried mush.
Graham muffins. Coffee.

LUNCHEON.

Oyster toast. Potato salad.
Bread and butter.
Soft gingerbread and apple sauce.
Russian tea.

DINNER.

Mock bisque soup.
Veal loaf. Duchesse potatoes.
Lemon cream pie.
Coffee.

Breakfast Bacon, with Fried Mush—Take thin slices of breakfast bacon and fry; lift up and put where it will keep warm; take cold corn meal mush that has been left over from day be-

fore, slice, dip in grated bread crumbs or sifted corn meal, fry brown in bacon gravy; serve with slice of bacon laid on top each piece.

Graham Muffins—Take one quart of graham flour, one tablespoonful brown sugar, one teaspoonful salt, two heaping teaspoonfuls baking powder, one egg, one pint of milk; sift together graham, sugar, salt and powder; add beaten egg and milk; mix into a batter like pound cake; fill well-greased muffin pans two-thirds full; bake in a hot oven twenty minutes.

Oyster Toast—Boil one cup of oyster liquor with half a cup of milk or cream, one tablespoonful of butter, one-fourth teaspoonful salt, pepper size of a pea; pour over some nicely toasted bread and set in the oven five minutes, then lay broiled oysters on the slices of toast and serve hot.

Potato Salad—Take any cold potatoes that may be left over, either boiled or mashed; to one-half dozen cold boiled potatoes, add one raw onion, chop fine, add one teaspoonful mustard, one-half teaspoonful salt. Add enough olive oil or melted butter sufficient to make into a paste by mixing thoroughly; to this add a cup of vinegar so as to dilute. The vinegar must be added very gradually and be well beaten with the paste.

Soft Gingerbread—Take one-half cup butter, two cupfuls molasses, one cup of sugar, four cupfuls flour, one cupful milk, four eggs, one teaspoonful baking powder, one of ginger, one-half teaspoonful of cloves. Cream the butter and sugar as in making other cake, then stir in milk and molasses; then beat in the flour (to which the baking powder has been added) a little at a time, lastly adding the eggs (well beaten), ginger and cloves. Bake in a moderate oven; if baked in one large loaf bake for one hour; if in two smaller ones bake one-half hour. Serve warm. (This recipe will be enough for two or three luncheons.)

Apple Sauce—Pare, core and quarter one-half dozen nice juicy apples. Stew in water enough to cover until the pieces break. Beat to a pulp with a good lump of butter and one cup of sugar, or more if the fruit is very sour. Serve cold. The juice of a lemon improves it greatly.

Russian Tea—Pare and slice one good, juicy lemon and lay a piece in each cup; sprinkle with white sugar and pour hot, strong tea upon it. Do not use cream.

Lemon-Cream Pie—Take one tablespoonful flour, two-thirds of a teacupful water, one teacupful of sugar, yolks of two eggs and one lemon. Grate the rind of the lemon and squeeze out the juice; mix flour and sugar and grated rind of lemon, then add yolks of eggs, well beaten, and water; cook over a slow fire until it becomes thick; make pie crust and line pie plate, and bake the crust for ten minutes; take out and put lemon filling in; return to oven for five minutes; beat the whites to a stiff froth, with one-half teacup sugar. Spread over the pie and brown nicely.

Mrs. E. H. Guise.

No. 1515 Wrightwood Avenue, Chicago.

TUESDAY, FEBRUARY THE NINTH.

BREAKFAST.

Sliced bananas.
Friends' oats with cream.
Graham biscuits.
Creamed chip beef. Cold sliced bread.
Coffee.

LUNCHEON

Baked hash. Cold rolls.
Date gems. Sweet potato chips.
Strawberry float. Sugar cakes.
Tea.

DINNER.

Potato soup.
Mock duck. Potatoes à la Maryland.
Fried salsify.
Baltimore pudding.
Fruit.

Graham Biscuits—One pint of graham flour and one-half pint of wheat flour, one tablespoon of lard or butter, one teaspoon of sugar, one saltspoon of salt, two teaspoonfuls of yeast powder, sifted in with the wheat flour (do not sift brown flour); mix with enough very cold water to make a smooth paste to roll on the board; roll out half an inch thick, cut and bake in very hot oven.

Creamed Chip Beef—Take one-half pound of chip beef, cut very thin, pull apart and put in chopping bowl and chop fine; have your skillet hot, put in a dessertspoon of butter; let melt, then dredge in flour, stirring until brown; then add one pint of milk and let it come to a boil, put in the meat and let it cook in it; the milk around it should be like a rich cream when done; add parsley chopped fine when it is taken off fire.

Date Gems—Take one cup of dates, seed and chop fine; two cups of sweet milk, two tablespoonfuls of melted butter, a spoonful of yeast powder, three cups of flour and one egg well beaten. Add the melted butter; then stir in the milk; then slowly add the flour, beating hard to prevent lumps; then the dates. Bake in hot, buttered gem pans twenty minutes in a hot oven and serve at once.

Baked Hash—Two cups of any cold meat (or several kinds, if on hand), a small quantity of each, leaving out the fat; chop very fine, season with a tablespoonful of parsley, three celery tops, teaspoonful of salt, and half saltspoonful of pepper, add

two cups of creamed white potato, form into a nice shape, put in hot greased skillet and brown on both sides.

Sweet Potato Chips—Pare and cut potatoes very thin; soak in ice water, dry, and fry in boiling fat same as Saratoga chips.

Strawberry Float—Whites of three eggs beaten stiff; then whip in gradually two tablespoonfuls of strawberry jam.

Sugar Cakes—Yolks of three eggs beaten light (left from float), coffee cup of granulated sugar, a full tablespoonful of lard or butter, a gill of milk and flour enough to roll on the board; flavor with nutmeg and bake.

Potato Soup—One quart of milk, six large potatoes, one stalk of celery, an onion, one tablespoonful of butter. Milk, onion and celery boil together. Pare potatoes and boil thirty minutes; turn off the water and mash fine and light; add the boiling milk, butter, pepper and salt to taste. Rub through a strainer and serve at once.

Potatoes à la Maryland—Six potatoes pared and cut into thin slices; lay in cold salted water for fifteen minutes, drain and put in a stew-pan with milk enough to cover, put on the lid, let simmer slowly until perfectly tender; then add butter, salt and parsley minced very fine. Serve in hot dish. Thicken the milk a little if necessary.

Fried Salsify—Scrape the salsify, cut in pieces and boil until tender; mash, adding milk (one cup), one egg well beaten, a small piece of butter, salt and a little sifted flour (this is for one bunch of salsify); bake like griddle cakes on hot greased griddle.

Baltimore Pudding—Ten cents' worth of stale sponge cake, cut in slices and laid in bottom of baking dish; then fill to the top of dish with either stewed peaches or cherries; then put cake on top in slices and make a meringue of two whites of eggs beaten light, and then add two tablespoonfuls sugar; spread over top and put into oven to harden for a few moments; serve with cream and eat cold. Hilda Lewis.

No. 2815 Q Street, Washington City, D. C.

WEDNESDAY, FEBRUARY THE TENTH.

BREAKFAST.

Samp, with milk.
Graham puffs. Fried apple sauce.
Somatose biscuits.
Coffee.

LUNCHEON

Finnan haddies.
Bread sticks. Olives.
Chocolate pie.
Cider.

DINNER.

Oatmeal soup.
Fillet of beef à la Hollandaise.
Macaroni, with tomato sauce.
Apple John. Cheese.
Coffee.

Graham Puffs—Two cups graham flour, one tablespoonful melted butter, two eggs, one pint milk, one-half teaspoonful salt, one teaspoonful of baking powder. Sift together the flour and baking powder; add butter and salt to the milk and drop in the eggs, without beating. Beat into this the prepared flour, making a smooth paste as stiff as for griddle cakes. Drop into hot and well-greased gem pans and bake at once in a hot oven.

Fried Apple Sauce—Put a small piece of butter into a frying-pan and let it brown without burning. Wash a half-dozen apples and slice them without paring. Put them into the heated butter and sprinkle on them a pinch of salt and a tablespoonful of sugar. Add a half-cupful of water and cover closely. When the apples are tender stir them gently about until they are well mixed and serve hot. A delicious and easily prepared dish for either luncheon or breakfast.

Finnan Haddies—Brush the fish over with butter and pepper it well; then broil or toast until it is cooked through. Another way, equally good, is to pour boiling water over the fish from the teakettle; take it out of the water, lay it on a baking-pan, brush over with butter and pepper and bake in a hot oven about eight or ten minutes.

Bread Sticks—One quart flour, two teaspoonfuls baking powder, one-quarter cupful melted butter, one heaping tablespoonful sugar, one and one-half cupfuls scalded milk, three whites of eggs, a little salt. Sift together flour, salt and baking powder. Beat butter, sugar and milk together and add it to the flour. Beat up the eggs and work them into the dough; turn out on a floured board; divide into pieces as large as an egg and with the hands slightly buttered roll them into long, thin sticks. Bake them hard and crisp in a very hot oven.

Chocolate Pie—Three tablespoonfuls grated chocolate, one cup milk, one teaspoonful cornstarch, three eggs, four tablespoonfuls sugar, a saltspoonful salt, one teaspoonful vanilla. Rub the chocolate smooth in the milk and heat to boiling; then stir in the cornstarch. Stir until well thickened; take from the fire and let cool. Beat the yolks of the eggs well with the sugar, and when the chocolate mixture is cool add salt and vanilla; put all together and whip up light. Bake with one crust. When done cover with meringue made of the whites of the eggs and three tablespoonfuls of sugar. Return to the oven and brown.

Oatmeal Soup—Two quarts of any meat broth, one-half can tomatoes, one medium-sized onion, salt and pepper to taste, a stalk or two of celery (if at hand), one and one-half teacupfuls

of oatmeal. Put broth, vegetables and seasoning over the fire together and let come to a boil; then throw in the oatmeal and stir smooth. Boil until as thick as cream, then strain through a colander and serve.

Fillet of Beef à la Hollandaise—Trim and cut the short fillet into slices about half an inch thick. Season them well with salt and lay them in a pan with six tablespoonfuls butter, just warm enough to be oily. Squeeze the juice of a quarter of a lemon over them. Let them stand one hour, then dip them lightly in flour, place in a double broiler and cook for six minutes over a bright fire. Have a mound of mashed potato in the center of a hot dish and rest the slices against it. Pour a Hollandaise sauce around and garnish with parsley.

Macaroni, with Tomato—Two quarts boiling water, one tablespoonful salt and twelve sticks of macaroni. Break and wash the macaroni and boil it rapidly in the salted water for twenty-five minutes. Drain dry. Have ready, heated, the half-can of tomatoes left from the soup, and, having seasoned this with salt, pepper and butter, pour it over the macaroni and serve.

Apple John—One pint flour, two teaspoonfuls baking powder, two tablespoonfuls butter, one cup milk, one quart apples cut in eighths. Sift flour and baking powder together. Rub in the butter and mix to the consistency of biscuit dough with the milk. Roll out to fit the plate upon which it is to be baked. Have the apples ready, peeled and cut; put them in a deep pie-plate and put the crust on top and bake. When done, reverse it and cover with sugar, spice and butter. Serve with cream.

Harriet Mann.

No. 1421 Central Street, Evanston, Ill.

THURSDAY, FEBRUARY THE ELEVENTH.

BREAKFAST.

Oranges. Wheatena with cream.
Tripe with mushrooms.
Perfection cornbread.
Coffee.

LUNCHEON.

Cold roast meat. Apple salad.
Small biscuits.
Warm gingerbread with cheese and chocolate.

DINNER.

Codfish chowder.
Broiled venison steaks.
Quirled potatoes. Stuffed onions.
Celery.
Prune shortcake. Whipped cream sauce.

Tripe—Cut one pound of boiled tripe into pieces about one inch square; fry out the fat from a quarter of a pound of bacon, and set the bacon away. Season the tripe with salt and pepper, and cover it with flour, and brown in the hot fat; take it carefully out of the fat and place on a hot dish; add a teaspoonful of flour to the fat, and a quarter pint of stock or water, and half a dozen mushrooms chopped fine; stir until it boils, then add a teaspoonful of vinegar; salt and pepper to taste; pour over the tripe and serve very hot.

Apple Salad—Peel, core and slice four or five tart apples; mix with them half a thinly sliced lemon; place in salad dish and serve very cold, covered with a French dressing made as follows:

French Dressing—One saltspoonful of salt, one-half saltspoonful pepper, three tablespoonfuls oil, one-quarter teaspoonful onion juice, one tablespoonful vinegar, a dash of cayenne pepper. Add the oil slowly.

Gingerbread—Warm one-half scant cup of butter, one cup of molasses, one-half cup brown sugar, one-half teaspoonful mixed cinnamon and mace, one tablespoonful ground ginger, slightly together, and stir to a yellow brown cream; add half a cup of milk, two beaten eggs, and one level teaspoonful of soda dissolved in the milk, and two and a half cups of flour; beat well and bake in a large shallow pan.

Chowder—Pick up one-half pint of codfish, soak over night, change the water several times in the morning. Set the fish aside, and when ready to use, pare and thinly slice one pint of raw potatoes, one large onion, put in hot buttered dish, alternate layers of fish, potatoes, onions and one cracker pressed to crumbs. Cover all with hot water and boil twenty minutes; then add salt to taste, a pint of milk, a little cream, if possible. Serve in soup plates with hot toasted cracker. Any cold fish left from yesterday's dinner may be used.

Broiled Venison—Steaks cut from the saddle or loin are the choicest, but those cut from the leg are very nice if properly cooked. Venison should be wiped carefully before cooking, as hairs are often found clinging to the meat; broil same as beefsteak, and serve very hot with—

Mâitre d'Hôtel Sauce—Make one teacupful of drawn butter sauce. Add to this half a glass of currant jelly; a little chopped parsley, minced onion, and thyme, cayenne pepper and salt; beat while simmering.

Shortcake—Stew slowly one pound of prunes until soft; strain, and return the liquid to the dish, adding half a cup of sugar. While this is simmering remove the stones from prunes, then return to the liquid and simmer altogether about ten minutes. Make a crust with one-half more shortening than for biscuit; bake in one piece; split and butter, after baking; spread with the prunes and serve with or without—

Whipped Cream Sauce—Whip one pint of sweet cream; add two egg whites well beaten; sweeten and flavor to taste.

Mrs. Marion Wilson.

No. 6407 Lexington Avenue, Chicago.

FRIDAY, FEBRUARY THE TWELFTH.

BREAKFAST.

Calves' liver en civet.
Cream potatoes. Corn muffins.
Coffee.

LUNCHEON

Deviled oysters.
Hot rolls.
Sliced oranges. Walnut wafers.
Tea.

DINNER.

Bouillon.
Baked red snapper à la créole.
Baked sweet potatoes.
Succotash. Celery.
Plum roll.
Coffee.

Calves' Liver en Civet—One-half pound of liver sliced one-half inch thick, and four very thin slices of bacon. One Spanish onion, and a pinch of dried herbs will be required. Flour the slices of liver and fry lightly on both sides; transfer to a stew-pan (with the bacon previously fried on top), slice the onion and fry in the bacon fat. Sprinkle these over the liver and bacon, add the seasoning and herbs. Pour the fat from the frying-pan, rinse it out with a half-pint of stock, pour this over all, cover with a close lid, and simmer slowly three-quarters of an hour.

Delicious Corn Muffins—Sift together one and two-thirds cupfuls of flour, one cup of cornmeal, two scant teaspoons of baking powder; beat to a cream two tablespoonfuls of butter with three of sugar, and add to them three well-beaten eggs; dilute this with one pint of milk, beat hard and put in buttered tins.

Deviled Oysters—Chop twenty-five oysters fine; add one-half cup cracker crumbs, a tablespoonful of melted butter, one cup of cream, salt and pepper. Butter oyster shells or fancy baking dishes, fill with the mixture; bake twenty minutes.

Walnut Wafers—One-half pint of brown sugar, one-half pint of walnut meats, three even tablespoonfuls of flour, one saltspoon of salt, two eggs. Beat the eggs, then add sugar, salt, flour and

walnuts. Drop from spoon on buttered paper and bake until brown.

Baked Red Snapper à la Créole—For a fish of three or four pounds prepare this stuffing: One can of tomatoes, six onions chopped fine, one cup of dry bread crumbs, one tablespoonful of Worcestershire sauce, red and black pepper and salt, plenty of butter. Stuff your fish with this dressing and sew up. Lay it flat in the pan and cover top with the remaining stuffing. Spread butter on this to make it brown nicely. Bake one hour.

Plum Roll—Add three teaspoons of baking powder and one teaspoon of salt to one quart of sifted flour. Sift again. Rub in two tablespoonfuls of butter, add sufficient milk to make a soft dough. Roll out, sprinkle with one cup of chopped raisins and one-half cup of chopped citron; dust with cinnamon. Roll up and steam thirty minutes. Serve warm with hard sauce.

Mrs. M. M. Sawyer.

No. 30 Court Street, Exeter, N. H.

SATURDAY, FEBRUARY THE THIRTEENTH.

BREAKFAST.

Orange marmalade.
Deviled turkey. Corn pudding.
Coffee.

LUNCHEON.

Tartare sandwiches.
Sweet crumpets. Damson jam.
Cocoa.

DINNER.

Bisque of clams.
Rabbit smothered in onions.
Mashed potato. Sweet-potato points.
Hot slaw.
Royal George. Black coffee.

Deviled Turkey—Reserve from a turkey of a previous day the drumsticks and second joints; score these in criss-cross fashion and rub over with a large tablespoonful of mustard mixed with vinegar; season well with salt and pepper; broil over hot coals and serve on hot dish with a tiny lump of butter on each piece.

Corn Pudding—Scald a cupful of corn meal with boiling water. Beat well two eggs, a third of a teaspoonful of salt and a tablespoonful of melted butter and add (with sufficient sour milk to make a thin batter) to the scalded meal. Put soda in

the soür milk in proportion of a very scant level teaspoonful to a pint. Bake in a pudding-dish for twenty-five minutes. This dish is equally good for luncheon with cold meats or as a vegetable for dinner.

Tartare Sandwiches—Chop three sardines, a cupful of boiled ham and three small cucumber pickles very fine and mix them together with teaspoonful each of mustard, catchup and vinegar and a seasoning of salt and cayenne. Spread upon slices of evenly cut bread, cover with equal number of other buttered slices, cut diagonally across.

Sweet Crumpets—When your bread has passed its second rising take out one pint of the dough and work into it three eggs, three tablespoonfuls of butter and half a cupful of sugar. Let rise until light. Bake twenty minutes in muffin-rings.

Bisque of Clams—Chop fine fifteen clams, half an onion; boil thirty minutes in a quart of water, then pour in one scant pint of milk, and when it boils stir in a piece of butter the size of a walnut, rubbed with a teaspoonful of flour, and a very little soda, size of a pea; season to taste with salt and pepper. Beat very light two eggs and put in tureen. Pour hot mixture over, carefully stirring. Serve.

Rabbit Smothered in Onions—Lay a large rabbit, nicely cleaned, in cold water for twenty minutes. Sew it up in a piece of cheesecloth and put over fire in sufficient tepid water to cover. Season with salt and boil gently an hour and a half. Remove cloth, place on platter and cover with onion sauce.

Onion Sauce—Put in saucepan butter size of an egg. While melting stir smoothly in one tablespoonful of flour; add a cupful and a half of milk, stirring constantly. Have ready two large boiled onions, chopped, and put in sauce just before taking from fire. Season with salt and pepper.

Sweet-Potato Points—Boil four large sweet potatoes; peel, mash fine and season with salt and pepper, a little lump of butter and a spoonful of milk. Grease a white paper and put in a dripping-pan; divide the potatoes into equal parts, say eight, form into little pyramids, rub over with well-beaten egg and brown in quick oven.

Royal George—One cupful of sour cream, half a teaspoonful of soda dissolved in a little cold water, a pinch of salt. Add flour until it is stiff enough to roll out. Line a deep pudding dish with this paste rolled thin, fill with greening apples, pared and quartered, with half a cupful of sugar and a little cinnamon over them. Cover with the rest of the paste and bake until apples are done. Serve with butter and sugar.

Bavarian Sauce—Stir into a boiling pint of milk one egg, beaten with half a cupful of sugar and a teaspoonful of corn starch. Let it thicken. Flavor with vanilla.

Elizabeth S. Sacksteder.

Box 109, Downer's Grove, Ill.

SUNDAY, FEBRUARY THE FOURTEENTH.

BREAKFAST.

Stewed pitted cherries.
Potato mangle Pain perdu.
Rice waffles with sirup. Coffee.

LUNCHEON.

Salmi of beef. Corn fritters.
Rye muffins. Bananas.
Tea.

DINNER.

Wexham soup.
Roast of venison. Browned potatoes.
Currant jelly. Celery salad.
Apple pot-pie. Maple sugar sirup.
Coffee.

Stewed Pitted Cherries—Wash thoroughly a pint of cherries and put to stew in one quart of warm water, add half a teacup of brown sugar and stew until very tender, then stir in one tablespoonful of browned flour and cook until the sirup is the consistency of rich cream. Set aside to cool. These are sufficient for two meals.

Potato Mangle—Pare and boil six potatoes; boil six eggs hard. Let cool and remove the shells. Chop eggs and potatoes together rather coarsely. Season with pepper and salt, put in a saucepan over the fire with one good spoon of butter and two large spoons of cream or milk. Shake well, and when hot serve.

Rice Waffles—One cup of cold boiled rice, beat up light with one cup of milk, melted butter the size of a walnut; dissolve one small half teaspoon of soda in a bit of the milk, and add two well-beaten eggs; stir in flour enough to make a thin batter, adding one teaspoon of cream of tartar. Stir well and bake in hot well-greased waffle irons.

Salmi of Beef—Select one pound and a half of lean plate beef; stew in water enough to cover it, adding a teaspoon of salt and a bit of pepper; when tender remove and set the kettle and its sauce to one side. Melt and brown two tablespoonfuls of butter, add two tablespoons of flour, stir until smooth and brown. Add the pot liquor from kettle meat was stewed in;

stir until it thickens. Slice the beef in thin slices as possible, place in the saucepan, and when heated through well, add a tablespoon of Worcestershire sauce, one teaspoon of lemon juice, and serve. This is a nice way to use cold roasts, especially mutton, game, poultry.

Rye Muffins—For one dozen muffins use one cup of rye meal, one-half cup of white flour, sift together with two teaspoons of baking powder into a mixing bowl, stir into it thoroughly one-third cup of minced beef suet. Stir into this one-half teaspoonful of salt, and enough sweet milk or water to moisten into a soft dough that is easily handled with a spoon. Have muffin rings well greased and piping hot, fill two-thirds full and run into a hot oven to bake quickly. In twelve minutes they should be brown and crisp. Try them.

Wexham Soup—One pound of lean beef chopped. Peel and slice one large or two small carrots, one large turnip, six small onions, a pint of tomatoes, a green stalk of celery, and a small bunch of parsley. Tie the parsley, celery, six cloves, six pepper-corns, a sprig of sweet herb, up in a muslin cloth. Put in a saucer a tablespoon of salt, a teaspoon of sugar, and a saltspoon of pepper; mix. Have ready a jar with a cover, such as is used for baking beans. Put all these ingredients in alternate layers in the jar and add five pints of cold water. Paste the cover on the jar. Set in oven to bake slowly five hours. This can be made in the morning. Set aside, and re-heat for dinner. Excellent.

Roast of Venison—Procure a nice five-pound roast; this will serve two dinners and one luncheon. Wipe off with a damp cloth. Rub over with butter or lard. Then cover the top and sides with a thick paste of flour and water, an inch deep. Lay a coarse paper over all and put in a dripping pan or roaster with one cup of hot water. Keep the oven well heated. Baste every fifteen minutes with butter and water. Twenty minutes before serving remove the paste and paper, and dredge with a spoon (tea) of salt, and some flour, and baste with butter until brown. Pour in a pint of water and make a thickened gravy as for roast beef. Add a pinch each of cloves, nutmeg, mace; stir in two tablespoonfuls of currant jelly; strain; send to table in hot dishes. Venison cools quickly, so be sure plates are well heated.

Apple Pot Pie—Fill a basin one-third full of tart apples, pared, quartered and cored. Pour boiling water over them and set on stove to cook. When they begin to boil, put over them a crust made as for biscuit, cover closely, cook twenty minutes. Serve with sugar and cream, hard sauce, or—

Maple Sugar Sirup—One-half cup of maple sirup, simmer and skim it. Cream together one teaspoon flour, one-third cup of butter and a bit of grated nutmeg; add to the sirup, boil up, and serve. Mrs. Max Uhlig.

Holdrege, Neb.

MONDAY, FEBRUARY THE FIFTEENTH.

BREAKFAST.

Hominy porridge.
Fish cutlets. Creamed potatoes.
Apple toast. Coffee.

LUNCHEON.

Scrambled eggs with tomatoes.
Bread and butter. Raisin jam.
White cake. Tea.

DINNER.

Curry soup.
Veal cutlets with herbs.
Mashed potatoes. Creamed onions.
Jam pudding. Foam sauce.
Coffee.

Hominy Porridge—Soak one small cup of granulated hominy in one quart of water over night. Next morning add a teaspoonful of salt and boil an hour in same water over a good fire. Half a cup of milk may be added if desired.

Fish Cutlets—Boil one-half pint of milk. Rub together three teaspoonfuls of butter and three even tablespoonfuls of flour. Stir into the boiling milk. Stir and cook until a thick paste. Add the yolk of an egg, one tablespoonful chopped parsley, ten drops onion juice, one-quarter grated nutmeg, two cups of cold boiled fish and a palatable seasoning of salt and cayenne. Turn out to cool. When cold form into cutlets; dip first in beaten egg, then in bread crumbs and fry in very hot fat; drain and serve hot.

Apple Toast—Peel, core and quarter six apples, and cut them in slices; put a piece of butter the size of an egg in a saucepan, add the apples and throw over them four tablespoonfuls of powdered sugar and two of water. Stew quickly. Fry slices of bread a nice yellow color in a little butter, place on a dish, cover with a little sugar and the apples one inch thick. Serve hot.

Scrambled Eggs with Tomatoes—Take one cup of canned tomatoes, add a pinch of soda and place in a saucepan with a small piece of butter. When hot, taking care not to burn, add three whole eggs and stir gently. Add a scant teaspoonful of salt, quarter-teaspoonful pepper and serve on buttered toast.

Raisin Jam—Wash and seed one pound of large sweet raisins; put them on to cook with half a pound of sugar, one cup of water and half a grated nutmeg. Cook until thick; when cold it is ready to serve.

Curry Soup—Season two quarts of veal broth with two onions, a bunch of parsley, salt and pepper; strain it and have

ready two cupfuls of uncooked chicken cut in cubes and skinned; put it in the broth with a tablespoonful of curry powder; boil the chicken till tender. A little before serving add the juice of a lemon and a teacupful of boiling milk. Serve with boiled rice.

Jam Pudding—Chop three tablespoonfuls of beef suet fine, add half a pound of sifted flour and a pinch of salt; mix with cold water to make a stiff dough. Cut it in with a knife; do not touch with the hands. Roll out an inch thick on a well-floured breadboard; spread thickly with blackberry or currant jam; roll up in a well-floured cloth and steam for two hours and a half. Serve with foam sauce. Mrs. Charles Adams.

No. 2829 Calumet Avenue, Chicago.

TUESDAY, FEBRUARY THE SIXTEENTH.

BREAKFAST.

Baked apples. Cream.
Kidney and bacon.
Dry toast. Cerealine muffins.
Coffee.

LUNCHEON.

Pickled salmon trout
Brown bread and butter. Apple johnnycake.
Celery. Tea.

DINNER.

Scotch broth.
Beefsteak pie.
Mashed rutabagas.
Golden pudding. Custard sauce.
Tea.

Kidney and Bacon—Fry thin slices breakfast bacon, set aside to keep warm. Split one-half dozen mutton kidneys (or cut in slices one beef kidney), fry in bacon fat till brown, add one cup of water, pinch of salt, cover and stew slowly ten minutes, pour over bacon; serve with dry toast.

Cerealine Muffins—One cup each of milk, flour and cerealine, one egg, one heaping teaspoonful of baking powder, good pinch of salt; bake in gem pans one-half full about twenty minutes.

Pickled Salmon Trout—Clean thoroughly; cut about two and one-half inches long, peel and slice two medium-sized onions, put a layer of the onions in bottom of deep pudding dish, sprinkle on salt and pepper; lay on this the pieces of fish and remaining slices of onions, cover with vinegar and water, taking into consideration the strength of vinegar, sprinkle with salt, cover and

bake slowly till fish is quite tender; whole ginger, allspice and cloves may be added for those who like spices. Serve cold.

Scotch Broth—Soak three pounds neck mutton in water for one hour, cut in small pieces, removing as much fat as possible, put in stewpan with two quarts cold water; when it comes to a boil skim thoroughly, then simmer one and one-half hours. Cut up two carrots, two turnips, one onion, and add to soup with two tablespoonfuls Scotch barley; add salt and pepper to taste; cook three and one-half hours, adding a little chopped parsley when you serve.

Golden Pudding—One-quarter pound bread crumbs, one-quarter pound finely chopped beef suet, one-quarter pound orange marmalade, one-quarter pound sugar, four well-beaten eggs; mix all together, press into buttered mold or basin, tie down with floured cloth; boil two hours or steam three; be sure not to allow the water to cease boiling, or it will not be so light. Of course the pudding is plunged into boiling water sufficient to cover it; as it boils away add boiling water from the kettle. These boiled puddings are very wholesome and nice, though a little troublesome to make.

Custard Sauce—Pint of milk brought to a boil and add to it one well-beaten egg and level teaspoonful of corn starch moistened with a little cold milk, two teaspoonfuls sugar; boil up once and serve. Mrs. H. Richards.

No. 7700 Wallace Street, Chicago.

WEDNESDAY, FEBRUARY THE SEVENTEENTH.

BREAKFAST.

Scotch marmalade.
Friends' oats with cream. Broiled salt mackerel.
Muffins. Coffee.

LUNCHEON.

Minced veal on toast. Potato salad.
English currant loaf. Apple sauce.
Tea.

DINNER.

Gumbo soup.
Roast spareribs. Mashed potatoes.
Heidelberg cabbage. Corn fritters.
Frosted lemon pudding. Coffee.

Potato Salad—Cut evenly one quart of cold potatoes; chop fine half an onion; pour over French salad dressing and lightly mix. Serve very cold. The dressing is made of three tablespoons

of oil, one of vinegar, one saltspoon of salt, one-half a saltspoon of pepper. The potatoes themselves should also be slightly salted.

English Currant Loaf—When your bread has become ready for molding into loaves, take sufficient dough for one loaf and knead into it a large iron spoonful of butter or sweet drippings, two eggs, a small teacup of light brown sugar, same of currants, cleaned and floured, a large pinch each of cinnamon and nutmeg. Knead well and if too stiff add a few drops of milk, form into shapely loaf, let rise until light and bake as though bread. A toothsome, healthful cake.

Roast Spareribs—Trim off the rough ends, crack the ribs through the middle, rub with salt and pepper, fold over where cracked, stuff, sew or wrap with twine, put in dripping pan with a pint of water, baste frequently and turn once. Should be a rich, even brown. Dressing: Three tablespoons of bread crumbs, a finely chopped onion, same of apple, half a teaspoonful of powdered sage, same of salt, same of pepper, and two tablespoonfuls of chopped beef suet.

Heidelberg Cabbage—Shred a solid head of red cabbage; put into a saucepan a large tablespoonful of clean drippings; when hot put in the cabbage, three tablespoonfuls of vinegar, a heaping teaspoonful of salt and one onion, in which three cloves have been thrust. Simmer slowly for over two hours; if it becomes so dry that there is danger of burning add a very little water.

Edith M. Ryther.

No. 6641 Wright Street, Chicago.

THURSDAY, FEBRUARY THE EIGHTEENTH.

BREAKFAST.

Rolled white oats with sugar and cream.
Savory stewed kidney.
Soda and cream of tartar biscuit, with butter.
Coffee.

LUNCHEON

Sardine salad. Welsh rarebit.
Crackers. Black tea.

DINNER.

Turtle bean soup.
A curry of veal. Buttered parsnips.
Vienna rolls. Pickles.
Orange pudding. French coffee.

Biscuits—One teaspoon soda, two of cream of tartar, one of salt, one of sugar sifted with one quart of flour; rub in one tablespoon of lard until there are no large lumps, mix with two-thirds

of a pint of sweet milk or water, toss out on a floured board and pat with rolling-pin until half an inch thick; take a sharp-pointed knife and prick the dough all over, cut into small rounds with the lid to a half-pound baking powder can and bake quickly in a very hot oven.

Sardine Salad—Drain the oil from one box of sardines by laying them on tissue paper and turning them over until the grease is absorbed by the paper. Cut up a large bunch of celery into inch pieces, season with a little pepper, salt and vinegar. Pile these pieces into a small pyramid upon a glass platter and lay the sardines about the base of the mound. Gently pour over a cream dressing made of one pint of milk, tablespoonful of flour, teaspoonful of salt and half a teaspoonful of pepper. Bring the milk to a boil. Add the flour wet in a little cold milk, salt and pepper, and boil three minutes. Let cool before pouring over salad.

A Curry of Veal—One onion sliced and browned in one tablespoon of butter; add to this one-half can tomatoes, one teaspoon of curry powder, two pounds of stewing veal cut up, two teaspoons of salt and one teaspoon of pepper; pour over this two quarts of boiling water; let it simmer two hours; put one cup of rice in a baking-dish with one pint of water and one teaspoonful of salt; set in a steamer, above the stew; thicken the stew before taking up with a large spoon of flour wet with two of cold water. Serve on a large platter with a border of rice around the edge. This is one of the cheapest and most satisfying dishes.

Buttered Parsnips—Boil four parsnips tender; scrape off the skins; slice lengthwise quite thin; melt a tablespoon of butter in a saucepan; add one-half teaspoon salt and one-quarter teaspoon pepper; put in the parsnips and let them get thoroughly heated in the butter; remove the parsnips to a hot platter, pour the butter over them and garnish with chopped parsley.

Vienna Rolls—One quart of flour, three teaspoons of baking powder, one-half teaspoon salt, sifted together; rub in one tablespoon of lard and mix with one pint of milk or water; roll half an inch thick and cut out with large round cutter; fold one-half over on the other by doubling it; lay on greased baking-pan and wash over with a little milk. Bake twenty minutes in brisk oven.

Mrs. Hay L. Stinespring.

No. 505 State Street, Lafayette, Ind.

FRIDAY, FEBRUARY THE NINETEENTH.

BREAKFAST.

Baked apples and cream.
Liver and bacon.
Soft toast. Coffee.

LUNCHEON.

Veal loaf. Egg salad.
Bread and butter.
Chocolate.

DINNER.

Bisque of oyster.
Baked trout with sauce.
Stewed tomatoes. Mashed potatoes.
Whipped cream and cake.
Coffee.

Liver and Bacon—Cut fine thin slices of bacon, fry until all the fat is out, put in the oven to keep warm. One pound of calves' liver; scald in boiling water; cut in slices, dust each slice lightly with flour, put them into the fat fried from bacon, fry until brown; put on a platter with the bacon laid over the liver.

Soft Toast—Six or seven slices of dry bread; toast a golden brown; have a bowl of boiling-hot water ready; dip each slice in for a minute, butter, put on a plate, set in the oven for two minutes; serve hot.

Veal Loaf—Two pounds of veal, same as for stew. Put on to boil in cold water enough to cover, with one stalk of celery, one slice of onion, one-fourth teaspoonful each of ground cloves and cinnamon; cook until tender; remove bone and gristle, chop very fine, season with one teaspoonful of salt and one-half teaspoonful of pepper; add the water that was left from boiling, put in a mold to press. Let stand over night; serve cut in slices and garnish with thin slices of lemon.

Baked Trout with Sauce—One trout or whitefish weighing six or seven pounds. Wash carefully, wipe dry. Take two cups of bread crumbs, moisten with cold water; chop one slice of onion and one-half stalk of celery very fine and add to the bread crumbs; season with one-quarter of a teaspoonful each of salt and pepper, one large tablespoonful of butter; cook ten minutes. Stuff the fish as full as possible, tie it together with white cord; put two tablespoonfuls of lard in a dripping pan, with hot water enough to keep from burning; rub the fish thoroughly with salt; cut fine, thin slices of salt pork, lay on the fish and bake one and a half hours. Make a sauce as follows: Two tablespoonfuls of browned flour, one heaping tablespoonful of butter and one of cream; rub the flour and butter to a cream; add cream, one-fourth teaspoonful each of salt and pepper and six or seven capers; add boiling water until it is the right consistency; pour around fish; serve very hot. Mrs. Gordon Beal.
East Jordan, Mich.

SATURDAY, FEBRUARY THE TWENTIETH.

BREAKFAST.

Old-fashioned apple sauce.
Cracked wheat. Pickled pig's feet, fried.
Corn muffins. Wheat bread.
Coffee.

LUNCHEON.

Cold sliced ham. Sweet potatoes fried.
Pickles. Bread and butter.
Grape jelly. Chocolate.

DINNER.

Barley soup.
Curry of rabbit. Mashed potatoes.
Boiled rice. Celery.
Apple pie. Cookies. Cheese.
Coffee.

Old-Fashioned Apple Sauce—Pare and chop a dozen medium-sized apples, put them in a deep pudding-dish, sprinkle over them a heaping coffeecupful of sugar and one of water. Place them in the oven and bake slowly two hours or more, or until they are a deep red brown; quite as nice as preserves.

Curry of Rabbit—Three-fourths of a cupful of butter, two large onions, one heaping tablespoonful of curry powder, one cupful of tomatoes, enough cayenne to cover a silver three-cent piece, one-half teaspoon salt, one cupful of milk. Put the butter and the onions, cut fine, on to cook; stir all the while until brown; then put in the rabbit—which has been cut in small pieces, the curry tomatoes, salt and one-quarter teaspoon pepper. Stir well. Cover tightly and let simmer till done, stirring occasionally, then add the milk. Boil up once, and serve. Mrs. John Buie.

170 Harding Avenue, Chicago.

SUNDAY, FEBRUARY THE TWENTY-FIRST.

BREAKFAST.

Boiled wheat with cream and sugar.
Potato fritters. Baked apples.
Drop biscuit and butter.
Coffee.

LUNCHEON.

Salmon cream on toast. Baked potatoes.
Entire-wheat bread.
Pandowdy.
Cocoa.

DINNER.

Tomato soup. Beef roast with sauce.
Bean polenta.
Scalloped squash. White bread and butter.
Fruit blanc mange.
Tea or coffee.

Boiled Wheat—Grind one-half pint of selected wheat berries in a coffee-grinder. Stir this in one quart of salted boiling water. Boil one hour or longer. Very good, and a change from prepared wheats.

Salmon Cream on Toast—Drain and boil one-half can of salmon in one pint of milk. Add one teaspoonful of salt and a pinch of pepper. Rub smooth one tablespoonful of flour with one of butter. Stir this into boiling milk and salmon. Pour over slices of toasted bread.

Drop Biscuit—One-half cup cornmeal, put in bottom of quart measure. Fill measure up with white flour. Sift and rub in thoroughly one teaspoonful each of butter and lard, salt and sugar. Dissolve one level teaspoonful of baking soda in warm water and stir it in one pint of buttermilk. Add this to the flour. Beat up well and drop from spoon into hot muffin tins or gem pans. Bake one-half hour in very hot oven. If heated in the oven a few moments before eating these are as delicious the second as the first day.

Pandowdy—Put a layer of peeled and sliced apples in bottom of deep pudding dish, sprinkle over them plenty of sugar and a little cinnamon, then another layer of apples, sugar and cinnamon, and so on till the dish is full. Pour on one cup of water. Take one-half cup of rye flour and same quantity of corn meal, pinch of salt and boiling water enough to make a dough. Cover the top of apples with this, bake slowly five hours, then break the crust down into the apples, cover with a plate and bake two hours longer. Then remove from oven and let stand covered all night. Eat with milk and sugar; delicious.

Some people cook one-half cup of molasses with the apples instead of sugar.

Scalloped Squash—Use crookneck variety. Cut in slices like eggplant, pare and boil in salted water fifteen minutes. Drain and put layer of squash slices in pudding dish. Grate a little nutmeg over it and put bits of butter on. Add another layer of squash, sugar, butter and nutmeg and so on till dish is filled. Pour one-half cup water on it and bake one hour in hot oven. Excellent.

Bean Polenta—One pint of white or colored beans soaked over night. Put in cold, fresh water next morning and boil till soft and dry. Then add one tablespoonful of butter, two of vinegar and three of molasses. One-half teaspoonful of pepper, one teaspoonful each of salt and dry mustard. Stir in well and boil ten minutes. After dinner take remaining portion, mix with a beaten egg and flour enough to mold up in cakes for breakfast. Fry brown.

Fruit Blanc Mange—Boil one pint of water with one cup of sugar. Dissolve two tablespoonfuls of cornstarch in a little water, stir it into the boiling water and sugar. Add a pinch of salt and grated rind of half lemon. Pour hot over sliced bananas or any other ripe fruit. Eat with cream. Mrs. C. H. Polhemus.

Tabor, Fremont County, Iowa.

MONDAY, FEBRUARY THE TWENTY-SECOND.

BREAKFAST.

Oranges.

Scrambled eggs. Creamed potatoes.

Belle calas. Coffee.

LUNCHEON.

Escalloped oysters. Chile sauce.

Bread and butter. Canned strawberries.

Tea.

DINNER.

Vegetable soup.

Roast beef with gravy.

Baked potatoes. Parsnip fritters.

Cucumber pickles.

Prune pudding. Coffee.

Scrambled Eggs—For five persons take eight eggs, beat them well, then add eight tablespoonfuls of milk and one-half teaspoonful of salt. Put one tablespoonful of butter in the frying-pan, and when it is hot pour in the eggs, stir carefully from the bottom until they thicken.

Belle Calas—Boil soft one-half pound of rice in salted water; when cold add two eggs, one-half cupful of sugar and one-half package self-rising flour. Soak a slice of bread in water, drain and take off the crust; mix well with the rice and cook by dropping a spoonful at a time in boiling lard. The cake must not touch the bottom of the pot. Serve with hot coffee.

Chile Sauce—This must be made in September. Twenty-four ripe tomatoes, one large onion, three green peppers; chop fine and add one quart of vinegar, one-half cupful of sugar, one tablespoonful each of allspice, cloves, cinnamon, mace and celery seed, and one-half tablespoonful of salt. Stir frequently and simmer two hours.

Parsnip Fritters—Boil five medium-sized parsnips until tender; take off the skins and mash them fine; add a quarter teaspoonful of salt, a tablespoonful of flour and a beaten egg; make into small cakes and put into boiling hot lard or beef drippings in a frying-pan. When fried a delicate brown put on a dish and serve hot.

Prune Pudding—One-half pound of French prunes stewed very soft and mashed very fine; remove the pits. One-half cupful of sugar added to the pulp and well mixed; then add the well-beaten whites of four-eggs; stir together until smooth. Bake in buttered pudding dish until it puffs up all over the top. When cold spread one teacupful of whipped cream over the top. The oven should be of a moderate temperature. Mrs. C. L. Wilbur.

No. 619 Sycamore Street, South, Lansing, Mich.

MENU FOR LENT.

TUESDAY, FEBRUARY THE TWENTY-THIRD.

BREAKFAST.

Grape fruit.
Cracked wheat, sugar and cream.
Baked eggs. Coffee. Corn dodgers.

LUNCHEON.

Cod au fromage.
Apple fritters, maple sirup.
Cocoa.

DINNER.

Tomato soup.
Whitefish au gratin. Baked potatoes.
Dried turnips. Chile sauce.
Bean salad. Toasted wafers.
Date pie. Café noir.

Baked Eggs—Break eight eggs into a well-buttered dish; sprinkle with a saltspoonful of pepper and half a teaspoonful of salt, three tablespoonfuls of cream and one tablespoonful of butter broken into bits. Bake twenty minutes; serve hot.

Corn Dodgers—To one quart of meal add one teaspoonful of salt and a small tablespoonful of lard; scald with boiling water and beat hard for three minutes; drop in large spoonfuls in a well-greased pan and bake in a hot oven. The batter should be thick enough to just flatten on the bottom, leaving them quite high in the center.

Cod au Fromage—Mix one cup of cold boiled macaroni (broken into short pieces) and one cup of cold boiled codfish, and put in buttered baking dish; lay bits of butter (use half the size of an egg in all), a saltspoonful of salt, also of pepper, over it; use sufficient milk or cold-drawn butter should you chance to have it, to moisten—about half a cupful; cover with fine bread crumbs and sprinkle three tablespoonfuls of grated cheese on top. Bake until brown.

Apple Fritters, Maple Sirup—Beat the yolks of two eggs, a tablespoonful of sugar and a saltspoonful of salt until light. Heat one cupful of milk a little more than blood warm, add it slowly to the yolks and sugar. Sift a heaping teaspoonful of baking powder with two cups of flour and stir into liquid mixture; then beat in the whites of the eggs, stiffly whipped; lastly, stir in four good apples, peeled, cored and thinly sliced. Drop by large spoonfuls into boiling fat with pieces of apple in each, fry a light brown and serve with maple sirup.

Tomato Soup—Stew one quart of tomatoes and one pint of water for twenty minutes; rub two tablespoonfuls of flour and one of butter, with a teaspoonful of salt and one of sugar; stir into the boiling tomato and cook fifteen minutes; rub through a colander and serve with sippets of bread. Cut stale bread thin slices, butter and cut into small dice, place in pan with buttered side up and brown crisply in the oven.

Whitefish au Gratin—Parboil a three-pound whitefish and pick apart in large flakes. Make a sauce of one pint of milk, two eggs, a heaping tablespoonful of corn starch, two tablespoonfuls of butter, a level teaspoonful of salt and a third of that quantity of white pepper. Butter a baking dish, put in a layer of fish, pour over some of the sauce, grate a trifle of nutmeg on this, and so proceed until fish and sauce are used up. Cover top layer with fine bread or cracker crumbs, four gratings of nutmeg and bake a golden brown. Very delicious Lenten dish.

Dried Turnips—Fill a quart measure with nice white turnips pared and cut into dice, boil in as little water as possible until nearly done. A tablespoonful of sugar and a teaspoonful of salt in the water. When boiled as dry as possible without scorching stir in three spoonfuls of cream, a beaten egg and serve.

Bean Salad—One can of stringless beans, over which a French dressing has been poured. Both should be thoroughly chilled before mixing and brought to table very cold. Mix a saltspoonful of salt and half that quantity of pepper with one tablespoonful of olive oil, then add slowly two more tablespoonfuls of oil and one of vinegar. Toast Saratoga flakes and serve hot with salad.

Date Pie—Soak one pound of dates over night in a little water and stew them in the same the next morning until soft enough to strain; add one quart of rich milk, three eggs, a saltspoon of salt and four or five gratings of nutmeg. Bake without an upper crust. This quantity is sufficient for three pies, so gauge according to your needs. Mary M. Manney.

Box 96, Riverside, Ill.

WEDNESDAY, FEBRUARY THE TWENTY-FOURTH.

BREAKFAST.

Corn mush with cream.
Fish scallops. Hashed brown potatoes.
Short cake with sirup. Coffee.

LUNCHEON.

Hot Frankfurts, with tomato sauce.
Graham bread and butter.
Brown Betty. Tea.

DINNER.

Purée of peas.
Stuffed beefsteak with brown dressing.
Scalloped potatoes. Mashed turnips.
Indian pudding. Coffee.

Short Cake—Two tablespoonfuls butter and one teaspoonful baking powder mixed thoroughly with one quart of flour, enough cold water to form a soft dough. Roll about a half inch in thickness and place on a hot griddle, well greased. When brown on both sides, split with a sharp knife, cut into squares and serve, well buttered, on a warm plate.

Tomato Sauce—Stew one pint of tomatoes ten minutes, strain, return to fire and stir in slowly one tablespoonful of butter mixed with two tablespoonfuls of flour and half a teaspoonful of salt. Boil one minute, have the Frankfurts ready on a warmed platter and pour sauce over them. Very nice.

Stuffed Beefsteak—Prepare a pound and a half of rump steak as for boiling, spread over it a filling made as follows: One quart of stale bread crumbs, one small onion cut fine, one teaspoonful sage, one teaspoonful melted butter and one teaspoonful of salt and half teaspoonful pepper. Roll steak, tie with cord and place in pan, with one pint of water. Bake one-half hour, basting frequently. Mrs. G. Lakeways.

307 Mecca Flats, Chicago.

THURSDAY, FEBRUARY THE TWENTY-FIFTH.

BREAKFAST.

Wheat germ meal with cheese.
Boiled eggs. Graham bread.
Baked apples. Chocolate.

LUNCHEON.

Sardines, with slices of lemon.
Potato fritters. Bread and butter.
Stewed apricots. Tea.

DINNER.

Chestnut soup.
Boiled mutton. Currant jelly.
Boiled Hominy. Baked onions.
Health plum pudding.
Coffee.

Chestnut Soup—Boil one quart of chestnuts and rub the meat through a fine sieve. Take a tablespoonful each of butter and flour, mix smooth in a saucepan over the fire, add gradually a quart of milk. When scalding hot season with half a teaspoonful of salt, quarter teaspoonful of pepper and nutmeg, and add the sifted chestnuts.

Health Plum Pudding—Two cupfuls best graham flour, sifted and then measured, mixed with half a teaspoonful of salt, one-half teaspoonful of soda, and one teaspoonful of baking powder, one cupful of nuts (either almonds, English walnuts or pecans), a cupful of raisins, a cup of milk, and one-half cupful of molasses. Wash, seed, and dry the raisins, and flour them lightly. Slice or chop the nuts fine, then add molasses and milk to the flour, mix well and quickly; add raisins and nuts. Mix thoroughly again. Butter pudding mold, turn in the batter and boil three hours. Serve with lemon sauce. Mrs. Margaret Myers.

Augusta Street, Austin, Ill.

FRIDAY, FEBRUARY THE TWENTY-SIXTH.

BREAKFAST.

Fruit salad.
Rice and meat croquettes. Eggs à la Suisse.
Griddle cakes with sirup.
Coffee.

LUNCHEON.

Creamed mushrooms on toast. Potato salad.
Lunch cake. Stewed apricots.
Chocolate.

DINNER.

Cream of tomato soup.
Baked rock cod with dressing.
Scalloped sweet potatoes. Cold slaw.
Tapioca pudding. Coffee.

Fruit Salad—Take three oranges, one grape fruit and half a pound of Malaga grapes. Remove the skins and seeds from the three fruits and tear the pulp into pieces, cutting each grape into halves. Add to the mixture half a cup of sugar. Serve in half orange skins.

Meat and Rice Croquettes—One cupful of cold boiled rice, one cupful of finely chopped cooked meat of any kind, one-half teaspoonful of salt, a saltspoonful of pepper, two tablespoonfuls of butter, half a cupful of milk, one egg. Put the milk on to boil and add the meat and rice and seasoning. When this boils add the egg, well beaten, and stir one minute. When cool form into rolls, dip in beaten egg and fry in hot lard.

Eggs à la Suisse—Spread the bottom of a flat pudding-dish with a tablespoonful of butter broken into bits, cover this with grated cheese, break five or six eggs upon the cheese, being careful not to break the yolks. Season slightly with salt and pepper, pour a little cream on the surface, strew a thick layer of grated cheese over the top and set the eggs in a moderate oven for a quarter of an hour.

Lunch Cake—Two-thirds of a cupful of sugar, two tablespoonfuls of butter, two-thirds of a cupful of milk, yolk of one egg, one and two-thirds cupfuls of flour and two teaspoonfuls of baking powder. Lastly the white of the egg, well beaten. Bake in square tins, and when done sprinkle over the top a tablespoonful of granulated sugar mixed with a teaspoonful of cinnamon.

Baked Rock Cod with Dressing—Take a rock cod, shad or other fish weighing two or three pounds; clean, rinse and wipe dry. Rub the fish outside and in with salt and pepper and fill with the following dressing: A large cupful of fine bread crumbs, one-quarter teaspoonful of salt and the same quantity of sage (if liked), a pinch of pepper and one onion chopped fine. Moisten with milk and a tablespoonful of melted butter. Bind the fish with a string and put into a hot pan with a piece of butter the size of a walnut. Lay on the fish three or four thin slices of salt pork, over which pour two tablespoonfuls of tomato catsup and two of hot water. Bake one hour, basting frequently.

Scalloped Sweet Potatoes—Slice the raw sweet potatoes very thin. Butter a pudding dish, arrange a layer of sliced potato in the bottom; sprinkle over a teaspoonful of flour, several bits of butter and a very little salt and pepper; continue in this way until the dish is filled. Pour in enough milk to moisten the whole thoroughly and bake forty minutes.

Tapioca Pudding—Two scant tablespoonfuls of tapioca soaked over night. Stir into one pint of boiling milk and cook one-half hour. Beat the yolks of two eggs with half a cup of sugar, add two scant tablespoonfuls of prepared cocoanut. Take from fire and stir in this mixture. Set on stove again and cook three minutes. Beat whites of eggs stiff, add two tablespoonfuls of sugar, spread the meringue over the top and place in oven to brown.

Mrs. M. J. Dougherty.

No. 229 East 8th street, St. Paul, Minn.

SATURDAY, FEBRUARY THE TWENTY-SEVENTH.

BREAKFAST.

Baked bananas.
Spanish eggs. Fried sweet potatoes.
Southern waffles. Maple sirup.
White coffee.

LUNCHEON.

Smelts en Marinade.
Bread. Butter. Pickles.
Date sandwiches. Tea.

DINNER.

Hot rolls.
Stewed steak with oysters.
Spaghetti and cheese Romaine.
Danish pudding. Chocolate Ménier.

Spanish Eggs—Cook one cupful of rice thirty minutes in two quarts of boiling water, to which has been added one heaping teaspoonful of salt. Drain through a colander and add one tablespoonful of butter. Spread very lightly on a hot platter. On the rice place six dropped eggs and serve.

Fried Sweet Potatoes—Cut sweet potatoes into slips not thicker than a pencil, throw them into hot lard in a frying-pan. They are done when they float in the lard. They will fry best with the lard only moderately hot. Being sweet, they are apt to get too dark a color if not watched.

Southern Waffles—These are very nice and appetizing. Take one pint of sifted flour, add one-half teaspoonful of salt, one tablespoonful melted butter or lard, an egg (beaten separately), and

mix all together in a thin batter with sweet milk. Fry brown and crisp in a well-greased waffle-iron.

White Coffee—Is made with coffee that, instead of being browned, is only baked to a slight yellow color and is not ground, or at least is only bruised, and is made with one-half milk and one-half water. It requires twice as much coffee as the ordinary way, but makes a change. If the berries have been parched before wanted, heat them over again and throw them hot into the boiling water. Cover and let stand to draw half an hour, then add the boiling milk. To prevent the milk burning while heating, put in a tablespoonful or two of sugar. A tablespoonful of whipped cream on the top of each cup is a pretty addition.

Smelts en Marinade—Select a pound of small, fresh smelts, fry to a light brown in a very little salad oil of the best quality. When cold sprinkle them with chopped onion, two crumbled bay leaves, quarter-teaspoonful of pepper, half-teaspoonful of salt, and cover them with a cupful of cold vinegar which has been boiled with a clove, a pinch of sugar and shred of red pepper. Let them stand twenty-four hours, then add to the vinegar a spoonful of sweet oil and serve cold.

Date Sandwiches—One scant cupful of sugar, one-half cupful of butter, one egg and one cupful of thin, sour cream; add one-half teaspoonful of soda and one of vanilla. Flour enough to roll very thin. Roll out in one long sheet. Spread with split dates and cover with another thin sheet of the paste. Press well together and cut in squares or rounds and bake in a hot oven. These may be made nicer by icing. Another way is to roll out light bread dough, butter well, spread with dates, cover and let them rise. Wash the tops with milk before baking. Good hot or cold.

Stewed Steak with Oysters—Two pounds of rump steak, one pint of oysters, one tablespoonful of lemon juice, three of butter, one of flour, salt, pepper, one cupful of water. Wash the oysters in the water and strain into a stewpan. Put this liquor on to boil. As soon as it boils skim and set back. Put the butter into a frying-pan, and when hot put in the steak. Cook ten minutes. Sprinkle with a teaspoonful of salt. Take out the steak and stir the flour into the butter in the pan. Stir until it is a dark brown. Add the oyster liquor and boil one minute. Season with a pinch of salt and dash of pepper. Put back the steak, cover the pan and simmer a half-hour; then add the oysters and lemon juice and boil one minute. Serve on a hot dish, with points of toast for a garnish.

Spaghetti and Cheese Romaine—Two cupfuls broken spaghetti, one cupful minced cheese, one of milk, butter the size of an egg, two yolks of eggs. This dish should be quite yellow. Cook the spaghetti in boiling salted water twenty minutes and drain dry. Put the cheese, butter and half the milk into a saucepan and stir them over the fire until the cheese is nearly melted. Mix the yolks with the rest of the milk and pour that into the saucepan. Add a saltspoon of salt, same of pepper. Then add the whole to the spaghetti. Put it in a baking dish and bake to a

yellow brown as quickly as possible. If cooked too long it will become tough.

Danish Pudding—One cupful of tapioca, three generous pints of cold water, half a teaspoonful salt, half a teacupful sugar, one tumbler of any kind of bright jelly. Wash the tapioca and soak it in the water all night. In the morning put on in the double boiler and cook one hour, stirring often. Add salt, sugar and jelly and mix thoroughly. Turn into a mold that has been dipped in cold water and set away to cool and harden. Serve with cream and sugar. Harriet Mann.

No. 1421 Central street, Evanston, Ill.

SUNDAY, FEBRUARY THE TWENTY-EIGHTH.

BREAKFAST.

Silver prunes stewed.
Poached eggs. Cream toast.
Coffee.

LUNCHEON.

Roman meat pudding.
Sliced brown bread. Rice croquettes.
Tea.

DINNER.

Bouillon with mound of rice.
Roast turkey with mushroom and oyster dressing.
Cranberries. Giblet sauce. Bread.
Mashed potatoes.
Snow pudding. Lebküchen.
Coffee.

Roman Meat Pudding—Break up a trifle and parboil ten minutes in salted water half-cup of vermicelli. Drain. Mince fine a coffee cupful of any cold meats that are desirable, such as cold veal, chicken, mutton or beef (and there is nearly always some on hand). To this add one cup of good stock (gravy or cold soup is as good), nicely flavored, one egg, three tablespoonfuls of tomato sauce, the half-cup of parboiled vermicelli. Mix all well together and season with a tablespoon each of minced onion and parsley, a heaping saltspoon of salt and a quarter saltspoon of pepper. Have ready some macaroni boiled tender in salted water; it should be in three-inch lengths, about one pint. Line a neat greased mold with the macaroni, fill in the mince meat, place cover on mold, steam half an hour. Turn out of mold; serve with a white sauce.

Boiled Rice—Creole—Wash a cup of rice thoroughly, chang-

ing the water several times, for upon thorough washing depends its purity and snowy appearance when boiled. Place it in a granite saucepan containing two cupfuls of "boiling water," add a teaspoon of salt, and stir the rice when it begins to boil. The stirring must not be repeated. It must be boiled rapidly, without cover, until the water sinks below its surface, then cover closely and set the saucepan in such a position on the stove as will insure continued steaming for an hour and a quarter, but will not render the rice liable to scorch. Take off the cover when done and allow the rice to stand in the same position until it is quite dry, and no more steam escapes. Re-cover tightly and set the saucepan to one side to cool, for ten or fifteen minutes, then invert on a plate. The rice will slip out in a neat cake. Grate nutmeg over it and send to table. It will slice neatly.

Turkey—Now when we can buy turkey for eight cents a pound let us have one for dinner. At this price it must be coarse and tough and must be parboiled, but if we pay a little more we need not parboil it. However, I prefer to cook mine this way and it will be as good as a younger one. A ten-pound one will cost eighty cents. Singe, draw carefully, and wipe well with a damp cloth wet with a flour and water paste. In cutting to remove crop, cut the skin on the back of neck, take out the crop and cut the neck off as near the breast bone as possible. In this cavity place some dressing. Sew up the skin on the back of the neck and fold it over, that the breast may be plump and unbroken. Put the remainder of the dressing in the body, sew up the rent, and truss the turkey compactly. Place in a large pot or boiler—a regular ham and turkey boiler is best—cover with boiling water and boil moderately and steadily, until nice and tender; when pricked with a fork the juice will escape. (It will have been necessary to turn it, mayhap, so it will cook evenly.) At this juncture remove, rub well with a heaping teaspoonful of salt; now lay in the roaster, which must be hot, any surplus fat removed from the turkey or, in the absence of this, use a good spoon of butter; lay upon it the turkey; and lay more butter on the top of it, spreading evenly; add a half-cup of boiling water, and brown in the oven, basting frequently; this usually requires one hour, or mayhap a trifle longer, and the turkey, dressing and sauce will be sufficient for dinner two days and luncheon twice, and then finally soup.

Turkey Dressing—Take one quart of bread crumbs. Place in a deep dish and add a large tablespoon of butter. Rub this thoroughly through the crumbs and add to it one tablespoon of mixed herbs, rubbed fine, also a pinch of ground mace, a heaping teaspoon of salt and half as much pepper. Select twelve nice mushrooms, either fresh or canned, and twelve nicely drained oysters—drained well. Chop fine, mix with the bread crumbs, add a beaten egg to hold all together, and fill the turkey with it.

Sauce—Stew the giblets, heart, gizard, liver, neck, and tips of wings, in one pint of hot water until tender. Chop fine, removing hard portions. Salt and pepper, add in small quantity; return to

pan in which they were boiled. Chop fine six nice oysters and six mushrooms. When turkey is removed from roaster, stir into the remaining sauce two tablespoons of browned flour, when well cooked together, add the chopped giblets and their sauce, also the chopped mushrooms and oysters; add a teaspoon of lemon juice, boil up and serve.

Snow Pudding—One-quarter box of gelatine, whites of three eggs, one cup of sugar, pint of hot water; juice of one large lemon; dissolve gelatine in the water; then add lemon juice and sugar; mix well and strain through a cloth into a mixing bowl to cool. Beat the whites of eggs to a stiff froth and as soon as the gelatine mixture begins to thicken stir in the beaten whites and continue to whip until it is very thick and snow white all through. It will take a half-hour or longer and the colder the ingredients the better your success. Either mold into forms, or pile in a pyramid and leave space around it. Keep on ice till the next day. This pudding will be sufficient for two meals and sometimes three, if family is not hearty; and should be served with a soft, fresh custard poured around it.

Custard—One pint of hot milk, yolks of three eggs, pinch of salt, four tablespoons of sugar, little grated lemon rind. Cook in double boiler until of the consistency of rich cream; serve cold.

Lebküchen—Four eggs, one pound of flour, beat in one direction one-half an hour; half a pound of crushed almonds, one-quarter pound of sliced citron, one lemon, one orange, half an ounce of cinnamon, one-quarter teaspoonful of cloves, one teaspoonful of allspice, half scant teaspoon of baking powder, one-half cup of molasses. Cream the eggs and sugar. Mix the almonds and flour and add to the previous mixture; grate into it the peel of one lemon and the orange; stir all together, adding the juice of each; stir in the molasses (or honey is better), then add lastly the baking powder. Stir hard and well; roll out, and cut into small rounds and squares. Bake in moderate oven. When cold, spread lightly with frosting. Will keep any length of time and are especially good this time of year. These will serve five people about one dozen times.

Box 56, Holdrege, Neb. Miss Georgine Foote.

MONDAY, MARCH THE FIRST.

BREAKFAST.

Wheat hearts and cream.
Browned hash. Buttered toast.
Baked apples. Coffee.

LUNCHEON.

Jambalaya.
Potatoes à la Parisienne. Graham bread.
Grapes in sirup. Tea.

DINNER.

Baked vegetable soup.
Cold turkey. Stuffed potatoes.
Cabbage cold slaw. Catsup.
Brown pudding. Coffee.

Jambalaya—Wash one-half a pound of rice and soak it for an hour in cold water; cut up one-half pound of sausage and one-half pound of ham, a small piece of red pepper, one small onion, one large tomato (or one-half cup of canned tomatoes), and a sprig of parsley. Fry these in a heaping spoonful of lard, then add a pint of water and the rice; cover the pot and set where it can cook slowly one-half hour. Serve hot. Chicken, oysters or shrimps may be substituted for the sausage. This amount is sufficient for two meals.

Potatoes à la Parisienne—Pare six large potatoes, cut them into squares, soak in cold water one-half hour; drain, and put into frying basket. Have a pint of fat at boiling heat, put the basket in the fat carefully, let cook ten minutes, drain, season with salt; serve very hot.

Grapes in Sirup—Place your cans (with a few nails under each can, to prevent the heat from breaking them) in warm water, let them heat to almost boiling point; fill each can full of fresh grapes; fill the can with boiling water and let stand until grapes change color; turn off the water; have a sirup ready; allow two coffee cupfuls of sugar to two of water; boil ten minutes, pour over the grapes hot, seal airtight. These will keep any length of time and are delicious; the juice is like wine.

Brown Pudding—One teacupful each of molasses, water, suet chopped fine, and seeded raisins, one-half teaspoonful of salt, three and one-half teacupfuls flour, one teaspoonful each of cinnamon and allspice, a pinch of cloves, one-half teaspoonful soda, dissolved in the molasses; steam three hours.

Sauce—One teacupful sugar, three-quarters teacupful butter, mix to a cream, add one egg, one tablespoonful of vinegar, a pint of boiling water; cook five minutes. The pudding is sufficient for three meals. Mrs. F. M. Byrne.

Miranda, S. D.

TUESDAY, MARCH THE SECOND.

BREAKFAST.

Chicken croquettes. Fried potatoes.
Cream toast. Stewed apricots.
Coffee.

LUNCHEON.

Lobster à la Newburg. Steamed brown bread.
Orange jelly. Tea.

DINNER.

Purée of potatoes. Fried veal cutlets.
Baked sweet potatoes. Lima beans.
Apple tapioca pudding. Coffee.

Chicken Croquettes—For one pint of finely chopped chicken make the following sauce: Rub smoothly together two tablespoonfuls of butter and one heaping tablespoonful of flour. Stir this mixture into a cup of boiling milk and cook until it thickens. Mix this well with the meat and season with salt and pepper. Shape, dip in beaten egg, then in cracker crumbs and fry in boiling lard. Turkey may be used in the same manner.

Lobster à la Newburg—Melt a large tablespoonful of butter and rub into it a tablespoonful of flour, a teaspoonful of salt and a pinch of cayenne pepper. Add one pint of milk and cook until it begins to thicken. Then add one can of lobster that has been picked into small pieces, cook a minute longer and pour over toast. Serve with slices of lemon. This is much better made of fresh lobster.

Orange Jelly—Soak one-fourth of a box of gelatine in one-fourth of a cup of cold water for half an hour. Add half a cup of boiling water, the same quantity also of lemon juice and sugar, and a cup of orange juice. Stir until the gelatine is entirely dissolved, strain through a cloth and set away to mold. This should be made immediately after breakfast and set in a cold place to harden.

Purée of Potatoes—Boil and mash in two quarts of water four large potatoes, a small onion, two stalks of celery and a sprig of parsley. When done pass through a sieve, return to the fire, add salt and pepper to taste, and two generous tablespoonfuls of butter rubbed into one of flour. Boil up once and pour into a soup tureen over a cupful of rich milk.

Apple Tapioca Pudding—To one-third of a cup of pearl tapioca add one pint of cold water. Place on the stove and cook until clear, stirring constantly to prevent burning. Remove from the fire, sweeten with half a cup of sugar, add a very little grated nutmeg and pour into a pudding dish in which are five tart apples, pared and cored. Bake until the apples are tender and serve cold with cream. Mrs. J. V. Porter.

Kenosha, Wis.

WEDNESDAY, MARCH THE THIRD.

BREAKFAST.

Oranges.
Wheat flakes and cream.
Egg toast. Doughnuts.
Coffee.

LUNCHEON.

Minced veal. Bread and butter.
Saratoga chips.
Sweet cucumber pickles.
Sponge cake. Tea.

DINNER.

Celery soup.
Roast beef, with Yorkshire pudding.
Browned potatoes.
Lettuce, with mayonnaise dressing.
Mock cherry pie.
Coffee.

Doughnuts—One cupful of granulated sugar, one cupful of sweet milk, three tablespoonfuls of melted butter, two eggs, three cupfuls of unsifted flour, sifted with three teaspoonfuls of baking powder, half a teaspoonful of salt, one teaspoonful of vanilla. Add flour to roll out; mix very soft. Roll one-half inch thick, cut in rings and fry in smoking hot lard. While warm roll in pulverized sugar. This recipe will make enough for four breakfasts.

Minced Veal—Two cupfuls of chopped cold roast veal, a large saltspoonful of salt and half a saltspoonful of pepper. Moisten with one beaten egg and a small cupful of either stock, gravy or water; if the latter add one teaspoonful of melted butter. Put into a buttered baking dish, press down, cover and put in a steamer for an hour. Then spread a beaten yolk of egg on top; strew with fine grated bread crumbs; brown in the oven. Take out and moisten the crumbs with one teaspoonful of melted butter and one teaspoonful of hot water. Thin slices of lemon may be used as a garnish.

Saratoga Chips—Take six medium-sized potatoes, pare and slice very thin on a slaw-cutter in a pan of cold water; change the water two or three times, squeezing the slices carefully each time to get all the starch out (it is the starch that toughens them); they should be in cold water at least one hour; ice water is preferable. Then spread two or three thicknesses of muslin on a table, take out the slices and cover with more muslin (exposure to the air discolors them), pat gently till the moisture is absorbed, then fry in hot fat; when a delicate brown take out in a colander and sprinkle lightly with salt. Only a few slices can be fried at a time.

Sweet Cucumber Pickles—Get six large cucumber pickles from the grocer, cut in slices half an inch thick and soak in cold water for an hour. Make a thick sirup of one coffeecupful of granulated sugar, one teacupful of vinegar; tie up one teaspoonful each of cinnamon and cloves in a piece of muslin; boil all to a thick sirup, then drain the cucumbers and add to the sirup, set them back on the range and simmer gently for three hours.

Sponge Cake—Two beaten eggs, one cupful of sugar; beat thoroughly; one-third cupful of water, one teaspoonful of either lemon or vanilla, then add one cupful of flour in which has been sifted one small teaspoonful of baking powder, stirring as little as possible. Bake in a square pan and cut in six squares.

Roast Beef with Yorkshire Pudding—A nice roast of beef occasionally is economy, for after the nicest slices have done duty for dinner and luncheons the small pieces and scraps may be heated quickly in some of the brown gravy with which the roast was first served and which should always be saved, and you will have another nice meal from it.

Yorkshire Pudding—One cupful of sweet milk, two-thirds of a cupful of sifted flour, a pinch of salt and three eggs, or the yolk of one egg may be spared to use on the top of the "minced veal" in the recipe given above. Beat the eggs very light, add the salt and milk, then pour about half of this mixture on the flour and make perfectly smooth, then add the rest of the milk. Cut in small squares, and when the roast is about half done lay the pieces of dough around the meat and baste with the drippings. Cook about three-quarters of an hour. Serve very hot.

Browned Potatoes—Pare five or six medium-sized potatoes, and about thirty minutes before the roast is done lay them on the bottom of the roasting pan and baste with the drippings.

Mayonnaise Dressing for Lettuce—The yolks of two eggs, the juice of half a lemon, one-half teaspoonful of salt, a small pinch of cayenne pepper, three tablespoonfuls of vinegar, one-half cupful of best olive oil, one teaspoonful of dry mustard. Put the eggs in a china bowl, add salt, pepper and mustard, stir thoroughly with a fork, and drop in very slowly the oil until it thickens; then add the vinegar and lemon juice, stirring all the time until well mixed.

Mock Cherry Pie—One cupful of cranberries; cut into each one with a knife (this keeps them from bursting and cooking to pieces), one cupful of sugar, one-half cupful of water and one tablespoonful of flour wet in a little of the water. Stir all together and bake between two crusts. The pie should be baked early in the day, or before the roast is in the oven, as the steam and smoke will ruin pie crust. Mrs. Olive P. Abbott.

P. O. Box 119, Reading, Mich.

THURSDAY, MARCH THE FOURTH.

BREAKFAST.

Chopped dates with oatmeal and cream.
Beauregard eggs. Rolls.
Coffee.

LUNCHEON.

Fricassee of calf's heart.
Bread and butter. Orange apple sauce.
Graham wafers.

DINNER.

Breslau of beef. Mashed potatoes.
Macaroni in cheese shell.
Mayonnaise of celery. Rice Jelly.
Coffee.

Chopped Dates, with Oatmeal—Stone the dates and cut them small; place in a bowl, pour over the hot oatmeal, and by the time you are ready to serve it will be flavored with the dates and the dates moistened.

Dates may be used in the same manner in all other porridges.

Fricassee of Calf's Heart—Soak one calf's heart for one hour in cold water, wash thoroughly and remove all blood. Cut into pieces about one inch square, discarding all sinew and gristle. Throw into the kettle, just cover with boiling water, add a slice of onion, a bay leaf and a sprig of parsley. Simmer gently for one hour, or until the heart is tender. Rub a tablespoonful of flour and one of butter together. Stir it carefully into the stew and stir until smooth and thick. Add a teaspoonful of salt and a dash of pepper. Have ready some nicely boiled rice, arrange it neatly around the platter, put the fricassee in the center, sprinkle over a little chopped parsley and serve.

Orange Apple Sauce—Pare, core and cut into quarters one pound of apples. Put three-quarters pound of sugar and a half-pint of water on to boil. Boil and skim; add grated rind of one orange, boil a moment longer until sirup-like, then add the pulp of two oranges and the apples. Cover the saucepan and cook very slowly until the apples are clear and tender. Serve cold.

Breslau of Beef—One pint of cold chopped beef, one gill of stock, two tablespoonfuls butter, one-half cup dry bread crumbs; one-half pint of cream, one tablespoonful of chopped parsley, yolks of three eggs, one level teaspoonful of salt and one-quarter teaspoonful of pepper. Beat the yolks and mix all the ingredients well together. Brush custard cups with melted butter, press the breslau into them, stand in a baking-pan partly filled with boiling water and bake in a quick oven for thirty minutes. When done turn from the cups on to a heated platter and pour around a tomato sauce.

Macaroni in Cheese Shell—Break four ounces of macaroni into pieces about two inches long. Throw into boiling water, boil rapidly twenty minutes; drain and put into the shell of a pineapple or Edam cheese, from which the inside has been used. Make a plain cream sauce, season with salt and pepper, pour in the shell over the macaroni, stand the shell on a pie dish and

bake in a moderate oven twenty minutes. Serve on a napkin, helping the macaroni from the shell.

Rice Jelly—Cover a quarter of a box of gelatine with a quarter of a cup of cold water and let it soak half an hour. Boil four tablespoonfuls of rice in a large kettle of rapidly boiling water for thirty minutes. Allow the rice to boil rapidly so that the grains will not stick together; drain and turn the rice carefully on a towel, spread it out and roll the towel from side to side until the rice is free from moisture. Whip one pint of cream, put it in a basin, place basin in a pan of cracked ice; add two-thirds of a cup of powdered sugar and a teaspoonful of vanilla. Add carefully the rice. Stand the gelatine over the teakettle until dissolved; strain it slowly into the cream and stir constantly, but carefully, until the whole is partly congealed. Turn into molds that have been wet with cold water and stand aside to harden. Take one-half tumbler of jelly, currant or crab apple, add to it a gill of water, and stir over the fire until thoroughly melted; cool. When the pudding is ready to serve turn from the mold, pour over this sauce and serve.

Batavia, Ill. Mrs. E. E. Burton.

FRIDAY, MARCH THE FIFTH.

BREAKFAST.

Silver-flake hominy, with sugar and cream.
Spiced apples. Savory omelet.
Singing hinney.
Coffee.

LUNCHEON.

Steamed Indian bread. Crab-apple jelly.
Dresden patties. Crisp lettuce.
Cocoa.

DINNER.

Rice and tomato soup.
Tripe à la Contance.
Mashed potatoes. Scalloped tomatoes.
Currant dumplings.
Coffee.

Spiced Apples—Select nice sweet apples; cut them in halves without peeling them; take out the core and stick three cloves into each half; lay them in a greased baking dish; sprinkle sugar and grated nutmeg over them and dots of butter and just a little water. Bake in hot oven about thirty minutes; send them to table in the baking dish.

Singing Hinney—Take one quart of flour and sift two teaspoons of baking powder into it; rub in one tablespoon of lard; and one teaspoon of salt and one well-beaten egg. Moisten with just enough sweet milk to make into dough, not too stiff; roll out and bake on greased griddle; when it is cooked on one side turn it over and let it cook till a pale brown on the other side; then split it open, butter it and put together again; cut it into three-cornered pieces and serve it hot.

Steamed Indian Bread—Three cupfuls of buttermilk, two cupfuls of sweet milk, three cupfuls of cornmeal, two cupfuls of flour, one teaspoonful of salt, one and a half teaspoonfuls of soda, beat thoroughly; put in a greased pan and steam three hours.

Dresden Patties—The patty cases are to be made of bread; so cut some slices of bread two inches thick; stamp them out with a round cutter; take out the inside not quite through, leaving a bottom to each case; cut a little lid to each case, dip these in milk, let them dry a little; then egg and breadcrumb cases and lids and fry a light brown in boiling fat. Make a sauce of one ounce of flour, one and one-half ounces of butter, one-half pint of stock or water; season with six drops of lemon juice, just a dash of pepper; chop fine four ounces of veal and four ounces of ham; stir it into the sauce over the fire till quite hot; fill each patty case with this hot mixture and place a lid on top of each. Serve on a napkin.

This is a very good way of using up odd scraps of meat.

Rice and Tomato Soup—Strain and press through a sieve with a wooden spoon one-half of a three-pound can of tomatoes; stir into them two quarts of clear stock that has been made from bones; season with a teaspoonful of salt and a quarter of a teaspoonful of pepper; add four ounces rice that has been well washed in plenty of cold water and boil the soup slowly for three-quarters of an hour.

Tripe à la Contance—One pound of thin tripe, one-half pound bacon, one small carrot, juice of one-half a lemon, one small onion, bouquet garni, parsley, two ounces of butter, one tablespoonful of Harvey sauce, one ounce of flour, one pint of stock. Wash the tripe in cold water and then blanch it—that is, put it on in cold water and let it come to a boil—take it out of the stewpan, throw the water away, dry it with a clean cloth and cut it into strips two inches wide and four inches long. Cut the bacon into very thin slices the same size as the strips of tripe. Chop up the parsley fine, lay the strips of bacon on the tripe, sprinkle a little parsley on each, roll them up together and tie round with string. Cut up the onion and carrot and put them with the bouquet garni into a stewpan with the rolls of tripe and one pint of stock, and let all simmer for two hours, then take out the rolls of tripe. Mix two ounces of butter and one ounce of flour together in a stewpan, strain the stock into it, stir till it thickens, add the lemon juice and Harvey sauce, also the rolls of tripe, long enough to get hot through. Arrange the tripe in a circle around mashed potatoes and pour the sauce around.

Currant Dumplings—One pound of flour, five ounces of beef suet, seven ounces of currants. Mince the suet finely, mix with the flour and well-cleaned currants, add one-half teaspoonful of salt and mix into a dough with one cup of water. Divide into small dumplings and steam them one and one-half hours. Serve with slices of lemon and butter and sugar.

Anderson, Ind. Mrs. H. Ross Edwards.

SATURDAY, MARCH THE SIXTH.

BREAKFAST.

Sliced oranges.
Creamed codfish on toast. Fried grits.
Plain waffles. Maple sirup.
Coffee.

LUNCHEON.

Beef kidney, terrapin style.
Stewed tomatoes. Fried potatoes.
Peach sponge. Tea.

DINNER.

Tomato soup.
Veal and ham pie. Croquettes.
Mixed pickles. Celery.
Lettuce with egg.
Apple pie. Cheese.

Creamed Codfish on Toast—To one cup shredded codfish add two of water; boil briskly twenty minutes; pour off water, add one and a half cups sweet milk, one teaspoonful butter, half a saltspoonful of pepper, one beaten egg. Allow this to simmer ten minutes. Serve on rounds of toasted bread.

Fried Grits—Boil one or two cups of grits the day before wanted until the consistency of Indian meal mush. Turn out in oblong pan to cool. When wanted cut in one-inch slices and salt slightly. Fry quickly in boiling fat.

Beef Kidney—Cut one beef kidney into small bits. Cook thirty minutes in salted water. When tender pour off water, add one small onion (grated), one or two leaves of sage, one cup of water. Bring this to a brisk boiling point, add a pinch of salt, thicken with one tablespoonful cornstarch, and just before serving add two hard-boiled eggs, chopped coarsely. Serve with or without toast.

Peach Sponge—Dissolve one-half box of gelatine in two cups of boiling water. Warm one-half can of canned peaches or the same amount of sweetened evaporated peaches. Press through a

colander, add to gelatine; also one tablespoonful sugar, one teaspoonful vanilla. Beat ten minutes. Pour in mold, let cool and serve with cream.

Tomato Soup—Make one quart of stock with a lean piece of beef. To this add one-half a grated onion, one teaspoonful of salt, one saltspoonful of celery salt and pepper. Drain the juice from one can tomatoes (using the meat for luncheon). Add this to the beef stock. Then break into small bits five or six sticks of macaroni and add. When these are soft, serve at once.

Veal and Ham Pie—One and a half cups of finely chopped stewed veal (cold roast veal will answer), one cup chopped cold ham, one small onion grated, one saltspoonful pepper, one egg, one-half cup of water. Mix well and bake with an upper crust only.

Potato and Rice Croquettes—One cup cold mashed potatoes, one of cold boiled rice, one beaten egg, two saltspoonfuls of salt, one of pepper, one of celery salt if liked. Mix with one-half cup of milk. Form into croquettes, dredge with flour and fry quickly in boiling fat.

Apple Pie—Two cups of apple sauce well sweetened, one saltspoonful cinnamon, one-half cup seedless raisins boiled for ten minutes, two egg yolks. Mix this and bake with one crust. When in oven fifteen minutes remove. Make a meringue of the two whites slightly sweetened, arrange over fruit and set in oven to brown. Serve cold. Mildred Douglas.

No. 4211 St. Lawrence Avenue, Chicago.

SUNDAY, MARCH THE SEVENTH.

BREAKFAST.

Quaker oats blanc mange.
Bread omelet. Fruit corn muffins.
Coffee.

LUNCHEON.

Boiled calf's feet and parsley butter.
Hominy croquettes. Tomato preserves.
Cream puffs. Tea.

DINNER.

Stewed squirrels. Mashed potatoes.
Bread and butter.
Vanilla snow eggs. Coffee.

Quaker Oats Blanc Mange—Bring one quart sweet milk to a boil, salt slightly and stir in one cupful quaker oats. Cook thirty minutes, stirring well. Just before removing from the fire stir in two eggs very well beaten. Serve either hot or cold with cream or sugar.

Bread Omelet—Crumble a cupful stale bread crumbs and soak them in half a teacupful of milk. Then beat them quite smooth and add half a teaspoonful of salt and three beaten eggs. Butter a shallow pudding dish well, pour in the mixture and bake in an oven about ten minutes; serve at once in the same dish, as it falls quickly.

Fruit Corn Muffins—Take two cups grains of gold, one cup white flour, four teaspoonfuls sugar, one-half teaspoonful salt, two teaspoonfuls baking powder, one tablespoonful butter, two eggs, one and a half cupfuls milk, one cupful of any kind of fruit, peeled and sliced. Bake in a hot oven twenty minutes in muffin pans.

Boiled Calf's Feet and Parsley Butter—Procure two white calf's feet; bone them as far as the first joint and put them into warm water to soak for two hours. Then put two slices of bacon, two ounces of butter, two tablespoonfuls of lemon juice, salt and whole pepper to taste, one onion, a bunch of savory herbs, four cloves, one blade of mace, into a stew-pan; lay in the feet, and pour in just sufficient water to cover the whole. Stew gently for about three hours; take out the feet, dish them and cover with parsley and butter. The liquor they were boiled in should be strained and put by in a clean basin for use; it will be found very good as an addition to gravies, etc.

Stewed Squirrels—Three fine gray squirrels, skinned and cleaned; joint as you would chickens for fricassee; half-pound of fat salt pork, one onion (if liked) sliced, half-can of corn, half-can of tomatoes, three tablespoonfuls of butter rolled in flour, four sprigs of parsley, enough water to cover squirrels. Put on squirrels, pork (cut up small), onion and parsley in the water and bring to boil. When this has lasted ten minutes put in corn, and stew until squirrels are tender. Then add tomatoes, and twenty minutes later stir in butter and flour. Simmer ten minutes, and serve in a large, deep dish.

Vanilla Snow Eggs—Beat stiff the whites of six eggs with a very small pinch of salt; have ready on the fire a pint of milk sweetened and flavored with vanilla; as soon as it boils drop the beaten eggs into it by tablespoonfuls, and as soon as they become set dip them out with a tin; slice and arrange them according to fancy upon a broad dish; allow the milk to cool a little, and then stir in the yolks of eggs gradually. When thick pour around the snowed eggs and serve cold. Mrs. C. J. Sunde.

No. 328 South Western Avenue, Chicago.

MONDAY, MARCH THE EIGHTH.

BREAKFAST.

Oranges.

Fruen's wheat wafers, cream and sugar.

Creamed salt mackerel. Mush croquettes.

Coffee.

LUNCHEON.

Ham paté. Hominy muffins.
Strained honey.
Warm ginger bread. Cream cheese.
Tea.

DINNER.

Puree of beans.
Boiled beefsteak pudding. Potato soufflé.
Fried parsnips.
Lettuce salad. Salted wafers.
Cream pie. Coffee.

Creamed Salt Mackerel—Soak the fish all night and wipe dry before using. Broil on a buttered gridiron over a clear fire. Lay on a hot dish and pour over it a cream sauce made as follows: Into one cup of boiling milk stir two teaspoonfuls of cornstarch, rubbed smooth with one tablespoonful of butter; cook until well thickened; add a well-beaten egg, mixing carefully to prevent curdling; cook a moment longer, season with a teaspoonful of chopped parsley and a saltspoonful of pepper.

Mush Croquettes—Make one pint of cornmeal mush with yellow meal and boiling water; while the mush is hot stir in one tablespoonful of butter, then set away to cool. When lukewarm add two well-beaten eggs and one saltspoonful of salt. Form into croquettes three inches long, fry in smoking hot fat till a golden brown, lay on soft paper to absorb superfluous grease, and serve hot.

Hominy Muffins—Mash fine with a fork one cup of cold hominy left from yesterday's breakfast, add one cup of cornmeal, one saltspoon of salt, two teaspoonfuls of sugar, one teaspoonful of baking powder, two teaspoonfuls melted butter, one egg and one cup of milk. Beat hard for three minutes, pour into buttered gem-pans and bake in hot oven for fifteen minutes.

Puree of Beans—A cupful of cold baked beans left from the Saturday's dinner furnishes the foundation for this most excellent soup. The beans having been already well seasoned and thoroughly cooked the soup is very easily and quickly made. Place two tablespoonfuls each of butter and flour in a saucepan over the fire, stir them until they are brown, then add one cup of baked beans and three pints of boiling water, season with a few stalks of celery cut in inch pieces, a half teaspoonful of salt and quarter of a teaspoonful of pepper. Boil until the beans are soft, then pass through a colander, rubbing the beans through with a potato masher, if you have no "puree sieve." Return the soup to the fire and allow it to boil up once. Serve with half-inch dice of bread fried in enough hot butter to brown them. If dice of toasted bread are used they soften directly, whereas the fried bread remains crisp.

Boiled Beesteak Pudding—Cut one pound and a half of round steak into inch pieces, rejecting all gristle and skin, but using a little of the fat. Season with one teaspoonful of salt and half a teaspoonful of pepper. For the crust take a cup of beef suet chopped fine, a scant two cups of flour with a small half-teaspoonful of salt; mix all together in a bowl, make a hole in the center, pour in a half cup of cold water, quickly and lightly make into a dough with a knife, turn out on a floured pastry-board and roll into a crust a half-inch thick. Grease a quart bowl, lay in the crust, pressing it gently all around; into this put the meat, and when the bowl is full pour in a half cup of cold water. Gather up the overlapping paste and pinch it together to form a cover. Place a floured cloth over the pudding, pass a string twice around the flaring part of the bowl and tie securely; then bring the four ends of the cloth over the top and tie in a knot, so that the pudding may be lifted as though it were a basket or bundle. Place in a kettle of boiling water and boil steadily for three hours.

Potato Soufflé—Boil four good-sized potatoes and rub them through a sieve. Take one cupful of milk and two tablespoonfuls of butter. Let them come to a boil. Add the potatoes, a half teaspoonful of salt, a third of a teaspoonful of white pepper and beat to a cream. Then add, one at a time, the yolks of three eggs, beating steadily. Beat the whites of the eggs to a stiff froth, add them to the mixture, stirring lightly, and pour into a well-buttered dish. Bake twenty minutes in a moderate oven.

Mrs. Charles L. West.
No. 1151 Jackson Boulevard, Chicago.

TUESDAY, MARCH THE NINTH.

BREAKFAST.

Prunes.
Granose flakes. Oyster omelet.
Buttered toast. Coffee.

LUNCHEON.

Barbecued ham. Queen potato puff.
French Rolls. Tea.

DINNER.

Brown farina soup.
Veal olives with oysters.
Stewed tomatoes. Steamed potatoes.
Carrot salad.
Apple meringue pudding.
Coffee.

Oyster Omelet—Chop twelve oysters very fine. Beat the yolks and whites of six eggs separately, the white until it stands in a heap. Put three tablespoonfuls of butter in a frying-pan and heat while you are mixing the omelet. Stir a cup of milk into a deep dish with the yolks and season with a large half-teaspoonful of salt, half a saltspoonful of pepper, and a little chopped parsley. Next put in the chopped oysters, beating vigorously, as you add them gradually. When they are thoroughly mixed, add a tablespoonful of melted butter, finally whip in the whites lightly, and put the mixture in the pan. Do not stir it, but when it begins to set, slip a broad-bladed knife around the sides and under the omelet, that the butter may reach every part. As soon as the center is fairly "set" turn upside-down into a hot dish.

Barbecued Ham—Lay slices of underdone ham in a frying-pan, pepper each slice and lay upon it a quarter of a teaspoonful of made mustard. Pour about them some vinegar, allowing half a teaspoonful to each slice. Fry quickly and turn often. When done to a fine brown transfer to a hot dish. Add to the gravy in the pan the juice of half a lemon and a teaspoonful of white sugar.

Queen Potato Puffs—Sift together five dessertspoonfuls flour, half a teaspoonful of baking powder and a saltspoonful of salt. Grate into this three large cold boiled potatoes; add half a cup of milk, one tablespoonful of chopped parsley and two well-beaten eggs. Place over the fire a spider containing melted lard; when smoking hot, drop the mixture into it by the dessertspoonful and fry to a light brown. Drain the puffs on brown paper and serve very hot.

Veal Olives with Oysters—Cut large, smooth slices from a fillet of veal, spread each neatly with a force-meat made of half a cup of bread crumbs and a quarter cup of chopped pork, seasoned with a saltspoonful of salt and quarter saltspoonful of pepper, moistened with a little hot water or milk. Over the force-meat spread some chopped oysters (about three to each good-sized olive). Roll them up carefully and closely and bind with pack-thread. Lay them in a dripping-pan, dash a teacupful of boiling water over them and roast, basting at least twice with melted butter. When they are brown, remove to a hot dish and cover while you add a little oyster-liquor, a pinch of salt and a dash of pepper to the gravy in the dripping-pan. Let this simmer for three or four minutes, thicken with a teaspoonful of browned flour and boil up once; cut the pack-thread, pour the gravy over them and serve.

Carrot Salad—Boil three carrots in plenty of water; when half done, remove and throw out water and finish cooking in fresh boiling water. When done, take out, cool, and cut in half-inch dice. Make a dressing of half a small teacup of vinegar, three tablespoonfuls of butter, the yolk of a hard-boiled egg, a saltspoonful of salt and half a saltspoonful of pepper. Line a dish with lettuce leaves, add two-thirds of the dressing, then the carrot dice, then the remainder of the dressing.

Apple Meringue Pudding—One pint stewed apples, three eggs, half a cup of sugar, a teaspoonful of butter, one of nutmeg and cinnamon mixed. Sweeten and spice and while the apple is still very hot, stir in the butter and—a little at a time—the yolks. Beat all lightly, pour into a buttered dish and bake ten minutes. Cover, without drawing from the oven, with meringue made from the beaten whites, four tablespoonfuls of sugar, and a few drops of bitter almond seasoning. Spread smoothly and brown very slightly. Mrs. E. Joseph.

No. 896 E. 51st St., Chicago.

WEDNESDAY, MARCH THE TENTH.

BREAKFAST.

Oranges.
Oatmeal with cream.
Mutton chops. Graham gems.
Coffee.

LUNCHEON.

Bouillon with crackers.
White bread and butter. Fruit salad.
Cake. Chocolate.

DINNER.

Baked whitefish, drawn butter sauce.
Baked potatoes.
Scalloped tomatoes. Bread.
Chocolate pudding.
Tea or coffee.

Fruit Salad—Two oranges, four bananas sliced fine, one-half cup sugar. Dissolve one-half box of gelatine according to directions on box; pour over fruit; set away to harden. Cut in squares; serve with a little whipped cream on each square. (Any kind of fruit can be used.)

Scalloped Tomatoes—Turn off the juice from a pint can of tomatoes (juice saved to use in soup). Put layer of bread crumbs in the bottom of a buttered pudding dish, then a layer of tomatoes, seasoned with pepper, salt and a little butter; continue till dish is full; finish with bread crumbs. Bake.

Mrs. Alice Braddeck.

No. 7444 Wright Street, Auburn Park, Chicago.

THURSDAY, MARCH THE ELEVENTH.

BREAKFAST.

Oranges.
California breakfast food, with cream.
Broiled ham. Brown potatoes.
Toast. Coffee.

LUNCHEON.

Oyster rarebit. Bread and butter.
Canned apricots. Macaroon cakes.
Vienna chocolate.

DINNER.

Vegetable soup.
Roast pork, apple sauce.
Baked potatoes. Lima beans.
Bavarian cream. Coffee.

Oyster Rarebit—Clean and remove the hard muscle from one-half pint of oysters, parboil them in their own liquor until their edges curl, then remove to a hot bowl. Put one tablespoonful of butter and one-half pound of cheese (broken in small bits), one saltspoonful each of salt and mustard and a few grains of cayenne into a dish; while the butter is melting beat two eggs slightly and add to them the oyster liquor, mix this gradually into the melted cheese, add the oysters and turn at once over hot toast.

Macaroon Cakes—One pint peanut kernels rolled fine, one-half pound sugar, three eggs, butter size of a walnut, eight tablespoonfuls flour. Can drop on greased tins or roll out and cut in round shape and bake.

Vienna Chocolate—Three heaping tablespoonfuls of grated chocolate mixed with enough cold water to make a smooth paste. Pour this into a double boiler and add one pint of new milk and one pint of cream which has reached a boiling point, with sufficient sugar to sweeten. Let it cook five minutes, add the well-beaten whites of two eggs and serve.

Bavarian Cream—Soak one-half box of gelatine in cold water half an hour. Boil a pint of milk, add the gelatine, half-cup sugar and a teaspoonful of vanilla. Pour in a pan and cool until it thickens; then add a pint of cream which has been whipped stiff. Pour in a mold which has been first dipped in cold water. Serve cold with cream. Mrs. J. A. Frost.

Eaton Rapids, Mich.

FRIDAY, MARCH THE TWELFTH.

LENTEN MENU.

BREAKFAST.

Oatmeal and cream, with sliced bananas and sugar.
Egg omelet. Rice cakes.
Coffee.

LUNCHEON.

Scalloped herring.
Hot graham bread and butter
Junket with cream.
Tea.

DINNER.

Tomato soup with croutons.
Baked pike. Mashed potatoes.
Lettuce salad.
Snow pudding. Harlequin cake.
Salted peanuts.
Café noir.

Rice Cakes—Two cups boiled rice left from previous meal, mashed with one cup of milk (or cup sour milk, with half level teaspoon soda added, omitting baking powder), one cup flour, sifted with one large teaspoon baking powder, half teaspoon salt, two teaspoons sugar, one egg. Drop from spoon on hot, well-greased spider; fry four or five cakes at a time; allow sufficient time to fry thoroughly well done. Serve with maple sirup or sugar and butter.

Graham Bread—Three cups sifted graham flour; two cups white flour sifted; one tablespoon brown sugar; generous half cup New Orleans molasses, with quarter teaspoonful soda well mixed in, two cups lukewarm water, in part of which dissolve 1-cent yeast cake. Beat all ingredients thoroughly, and pour into two well-greased bread pans. Set to rise in warm place for about three hours until very light. Bake one hour.

Scalloped Herring—Soak four or five Norway salt herrings over night. Divide down back; remove all skin and bones; cut into inch squares. Have ready dozen good-sized potatoes, cold-boiled; alternate layers of sliced potatoes and fish, adding bits of butter and good sprinkling of pepper to each generous layer of fish, beginning and ending with potatoes. Cover with a custard made of three cups milk and three beaten eggs. Lastly adding a half cupful of fine bread crumbs mixed with one teaspoonful of drawn butter. Bake about forty minutes. Serve with folded napkin around dish. A wholesome and appetizing dish.

Junkét—To one quart of milk slightly warmed, placed in a dish for the table, add one tablespoonful of liquid rennet, stirring only enough to mix it thoroughly. To be eaten very cold with sugar and cream, flavored with nutmeg.

Croutons—Butter four thick slices of bread on both sides. Cut into cubes and brown crisp in the oven in a dripping pan, shaking about occasionally.

Baked Pike—Carefully prepare a three or four pound pike, whitefish or salmon trout. Score the upper side diagonally four or five times; lay a slice of pork in each incision. Dredge with flour, salt and pepper. Place in baking pan with a little hot water. Bake about thirty-five minutes. Leave in its own sauce.

Harlequin Cake—One cupful of butter, two cupfuls of sugar, three eggs, one cupful of milk or water, three cupfuls of flour, one and one-half teaspoonfuls of baking powder. When mixed divide into two parts. Color one part with one and one-half squares unsweetened chocolate, two tablespoonfuls of sugar dissolved in a little hot water. Bake in four pans; alternate layers; when done spread between each layer lemon jelly—viz., one cupful of sugar, juice and rind of one lemon, one cupful of hot water, two tablespoonfuls of flour, stirred with one egg well beaten. Mix and cook till thick like cream. Use cold. This cake can be used for two or three desserts. Long Branch crackers are also good with the snow pudding if the cake is omitted.

Jane Garland Gleerup.

No. 1187 Rokeby Street, Chicago.

SATURDAY, MARCH THE THIRTEENTH.

BREAKFAST.

Oatmeal with sliced bananas.
Fried salmon trout cutlets, cream sauce.
Popovers. Baked potatoes.
Coffee.

LUNCHEON.

Macedoine salad. Cheese wafers.
Spiced apples. Coffee cake.
Milk or cocoa.

DINNER.

Purée of split peas.
Lamb chops with mushrooms.
Boiled rice. Buttered parsnips.
Strawberry shortcakes.
Coffee.

Fried Salmon Trout Cutlets—Cut six cutlets from large salmon trout, roll in bread crumbs, season with salt and pepper and fry in hot fat. Dish on hot platter and cover with cream sauce.

Macedoine Salad—One cupful of cold boiled potatoes sliced, half a cup of celery stalks cut in pieces, a few cold string beans (if you have them), one or two slices of onion and a little raw cabbage cut fine. Line the salad bowl with lettuce leaves, heap vegetable mixture on these and cover with French dressing. This is a good way to use up any cold vegetable, as nearly any kind may be added to the salad.

Spiced Apples—Pare and cut in quarters six small tart apples and put in saucepan with one cup white sugar and three cloves. Boil gently till fruit is transparent. Serve cold. This is improved by the addition of one stick of cinnamon and a blade of mace.

Purée of Split Peas—One cup split peas soaked over night in cold water. Put on to boil with half a spoon of soda, let boil ten minutes, drain, blanch and drain again. Put back on stove with one quart of water and a little ham or mutton. Boil two hours, press through colander, return to fire, add a tablespoon butter and tablespoon flour rubbed together, boil two or three minutes, add one-half teaspoon salt and a little pepper and serve.

Lamb Chops with Mushrooms—Fry six thick loin chops for five minutes in hot fat, turning to brown both sides, then add one cup water or stock, the juice from one can of mushrooms and the mushrooms sliced. Boil fifteen minutes, add about one-half teaspoonful of salt, a quarter saltspoonful of pepper, and half a teaspoonful curry and pour in deep platter inside a wall of boiled rice.

Strawberry Shortcakes—Make rich sponge cake and bake in shallow pan. When cold cut out five large round pieces, split open, spread with canned strawberries; put whole berries on the top and serve with whipped cream colored with strawberry juice.

Mrs. B. A. Tyler.

No. 1582 Maple Avenue, Evanston, Ill.

SUNDAY, MARCH THE FOURTEENTH.

BREAKFAST.

Sliced oranges.
Codfish with egg dressing.
Cream fritters. Honey.
Coffee.

LUNCHEON.

Cheese omelet.
English lunch bread.
Citron preserves. Tea.

DINNER.

White fricassee of chicken.
Mashed potatoes. Cold slaw.
Lemon custard pie.
Coffee.

A YELLOW AND WHITE MENU.

Cream Fritters—Stir the whites of five eggs, one cup of thin cream, two full cups of flour and one-quarter teaspoonful of salt together and beat hard for three minutes. Fry in plenty of hot lard, using a tablespoonful of batter for each fritter.

Cheese Omelet—Beat thoroughly the yolks of five eggs, add five tablespoonfuls of milk, one small half teaspoonful of salt, one-eighth teaspoonful of pepper. Then beat the whites very stiff and gently stir them into the yolks. Butter a large spider and heat it, then pour the mixture in, cover tightly and cook slowly until brown on the bottom; set in the oven a minute to dry the top, then sprinkle one-half cup of fresh cheese on it. Fold together and serve at once.

English Lunch Bread—Take one quart of warm milk, one tablespoonful lard, two beaten eggs, one-half cake compressed yeast, one-half teaspoonful salt and mix in flour enough to make a dough. Knead well and let rise over night. The next morning handle only sufficiently to form into loaves and bake in shallow bread pans.

White Fricassee of Chicken—Cut up pair of small chickens, put on to stew with ¼ pound salt pork cut in strips and enough cold water to cover well and simmer until tender, allowing all the water to boil away. Put one large tablespoonful butter in frying-pan and when melted add two tablespoonfuls of flour; mix well but do not brown; add one pint milk and stir until it boils; add one-half teaspoonful salt and one-quarter teaspoonful pepper and pour it over the chicken, previously dished. Sprinkle with one tablespoonful of chopped parsley.

Lemon Custard Pie—Beat the yolks of three eggs and one-half pound of powdered sugar to a cream, then add the unbeaten whites of two eggs and beat the whole until very light. Add the juice and rind of three lemons and one tablespoonful of butter; now stand the bowl in a basin of boiling water over the fire and stir until the mixture thickens; set away to cool. Line a pie-dish with good paste and bake, then pour in the lemon mixture. Beat the remaining white of egg with three tablespoonfuls powdered sugar, put this meringue over the top of the pie and set in the oven until a golden brown. Mrs. E. C. Jamison.

296 East 60th Street, Chicago.

MONDAY, MARCH THE FIFTEENTH.

BREAKFAST.

Oranges.
Wheatena and cream.
Broiled mackerel.
Minced potatoes and corn.
Breakfast biscuit.
Coffee.

LUNCHEON.

Baked hash. Bread and butter.
Hot tea cakes.
Raspberry jam. Cocoa.

DINNER.

Salmon soup.
Veal potpie.
Princess potatoes. Cream cabbage.
Parsnip balls.
Peach cottage pudding. Hard sauce.
Coffee.

Broiled Salt Mackerel—Freshen by soaking the fish over night, taking care that the skin lies uppermost; in the morning dry without breaking; lay it between the bars of a buttered fish gridiron and broil to a light brown; lay upon a hot dish; melt a tablespoonful of butter, add to it a teaspoonful lemon juice or vinegar, a tablespoonful hot water, a pinch black pepper, a very small cucumber pickle chopped fine and pour over the mackerel.

Minced Potatoes and Corn (left overs)—Chop fine cold boiled potatoes and mix with them cooked canned corn in proportion of one cup potato to a half cup corn; if left over they are probably seasoned sufficiently; put three large tablespoonfuls good dripping into a frying-pan, and when hot stir in potatoes and corn, tossing them round with a fork until thoroughly heated; taste and add if necessary more pepper and salt; serve in a covered dish.

Breakfast Biscuit—Sift together one scant quart flour, two heaping teaspoonfuls baking powder, a half teaspoonful salt; mix a half teacup melted butter in rather less than a quart of sweet milk; add to the flour, beating well, until the batter is stiff enough to drop from a spoon into a buttered tin, like drop cakes; the oven should be very hot or the biscuits will not be light and puffy.

Baked Hash—Chop fine any sort of cold meat—corned beef is excellent. To each pint of meat add one pint and a half of cold boiled potatoes chopped fine, one tablespoonful of butter and one cupful of gravy or stock; if no stock is to be had use a little

more butter and two-thirds of a cupful of hot water. If the meat and potatoes have been seasoned before, they will need but little; if not, a good rule is a half-teaspoonful of salt and a quarter-teaspoonful of pepper. Put a scant tablespoonful of butter in the skillet, and when it melts turn in the mixture, spreading smoothly. Cover the pan and set back where it will not burn. Let it brown slowly—it will take about half an hour. When done fold together like an omelet and lay on a hot dish. Triangles of buttered toast are nice with this hash.

Hot Tea Cakes—Beat together one-half pint sugar and one teaspoonful of butter; beat two eggs very light, add them to butter and sugar; a pinch of salt, one-third saltspoonful of nutmeg and one-half pint of milk; now beat in one scant pint of flour, sifted with three level teaspoonfuls of baking powder. Butter two shallow cake-tins and spread about two-thirds full. Bake twenty minutes in a moderately hot oven. To be eaten hot, with butter and raspberry jam.

Salmon Soup—Take about half a can salmon, remove bones and skin and put it on to cook, together with a sliced onion and a quart of seasoned stock; or, failing stock, water. Let it boil slowly for fifteen or twenty minutes, then rub through a soup strainer. Have a quart of milk heated to boiling; thicken this with a large tablespoonful butter and a scant tablespoonful flour; add this to the strained salmon; one-half teaspoonful of salt and quarter-teaspoonful of pepper; let it heat, after adding the salmon, but not long or it may loose its smooth, creamy appearance. Many persons like a stalk of celery boiled with the salmon.

The salmon left after taking out half a can for soup can be used delightfully. Put in a china dish until needed, then remove bones and skin, chop fine, add fine mashed potato—twice as much potato as salmon—a large tablespoonful butter, a half-cup of cream, a well-beaten egg or two; season to taste and bake like a soufflé in a buttered pan.

Veal Potpie—Put a small plate into the pot to keep the veal from burning. Cut into small pieces two pounds of veal, and put into the pot with two quarts of water—hot or cold. Keep boiling gently for an hour and a half. When it begins to grow tender put in a full teaspoonful salt and a bit of red pepper pod, or two or three pepper corns. If onion or potato is liked cut in pieces and add when the stew is half done. Add a half cup of cream or rich milk before removing from the fire, a heaping tablespoonful butter and a tablespoonful flour. Make a quart of flour into baking-powder biscuits, cut in squares and bake quickly. When the veal is ready and the biscuits are baked split the biscuits, put them on a hot platter, see that the gravy is thickened and seasoned, and pour over the biscuits, disposing the veal over them so that they can be served together. This is much more healthful than the boiled dough.

Princess Potatoes—Slice cold mashed potatoes into strips two inches long, one inch wide, one-half inch thick. Have in one saucer a tablespoonful melted butter, in another a beaten egg.

Dip the strips first in the butter, then in the egg. With a knife lay them on a buttered tin, and cook in a hot oven for twelve minutes.

Cream Cabbage—Cut the cabbage into quarters, or small bits as preferred, cook in salted water until tender, draining off the first water. When tender pour in a cup milk or cream, add a scant tablespoonful of butter, a half teaspoonful of salt, a little pepper and a teaspoonful flour to thicken.

Parsnip Balls—Mash one pint of boiled parsnips. Add two tablespoonfuls butter, one-half teaspoonful salt, a little pepper, two tablespoonfuls cream; mix together and stir on the fire until the mixture bubbles. Remove from the fire, and before it cools add one well-beaten egg. When cold make into balls about half the size of an egg. Dip into beaten egg, then into bread crumbs. Use the frying basket for these balls and fry a pale brown in boiling lard.

Peach Cottage Pudding—Stir to a cream one-half cup butter, one cup sugar; add a cup rich milk, two well-beaten eggs and a pint of flour sifted with two teaspoonfuls baking powder and a pinch of salt. Into this batter stir canned peaches sliced very thin. One's own taste must decide how many peaches. Butter a long, oval mold; bake the cake in this thirty minutes in a moderate oven.

Hard Sauce—Beat one cup sugar and one-half cup butter to a white cream; add the whites of two eggs, beat a few minutes longer. A tablespoonful fruit juice or a teaspoonful vanilla or lemon will flavor it. Extract of nutmeg is nice or a teaspoonful of lemon juice. Miss Anne Everett George.

No. 1841 Pendleton Avenue, Kansas City, Mo.

TUESDAY, MARCH THE SIXTEENTH.

BREAKFAST.

Boiled sweet apples.
Graham mush with dates.
Rumbled eggs. Lyonnaise potatoes.
Coffee.

LUNCHEON.

Beef loaf with tomato. Honey muffins.
Lady-fingers. Spiced currants.
Tea.

DINNER.

Raw oysters with lemon points.
Braised liver. Sweet baked potatoes.
Lettuce salad. Cheese straws.
Cocoanut pie.
Coffee.

Rumbled Eggs—Beat up three eggs with two ounces of fresh butter; add a teaspoon of new milk. Put all in a saucepan and stir over the fire for about five minutes, or until it rises up, when it should be immediately dished on buttered toast. Add a salt-spoonful of salt and dash of pepper.

Honey Muffins—Sift together one and one-half pints of flour, two tablespoonfuls baking powder and a small half teaspoonful of salt. Work in two tablespoonfuls of butter; beat and add three eggs, one teacupful of honey and half a pint of milk. Bake in a hot oven.

Beef Loaf with Tomato—One pound of rare beef chopped fine, three large crackers rolled and sifted; add one-half teaspoonful of salt and one-eighth teaspoonful of pepper, with one well-beaten egg. Work all until thoroughly mixed. Press it into a bowl and turn out into a buttered tin. Rub a little butter over it and pour on a large cup of canned tomato. Bake three-quarters of an hour, basting frequently with the tomato. Serve hot.

Mrs. U. S. Moore.

No. 77 Francis Avenue, Pittsfield, Mass.

WEDNESDAY, MARCH THE SEVENTEENTH.

BREAKFAST.

Hominy grits.
Broiled sheep's kidneys. Toasted potatoes.
Toasted English muffins.
Coffee.

LUNCHEON.

Whitpot.
Cold sliced corn beef with catsup.
Bread and butter. Stewed prunes.
Tea.

DINNER.

Clam soup.
Boiled salmon steak.
Hollandaise potatoes. Macaroni bechamel.
Dainty little puddings, cream sauce.
Somatose cocoa.

Broiled Sheep's Kidneys—Sheep's kidneys are best for broiling. Procure them, if you can, with the suet still upon them. Slice them through the fat, then pare off enough of it just to leave a border around each slice. Pepper and salt them and broil them over clear coals. They should be fairly done through and no more, and should be turned over but once that the gravy

may collect on top. Dish them on bread, thin sliced, and drop a bit of butter on the top of each slice.

Toasted Potatoes—Pare the largest potatoes and cut them in slices an eighth of an inch thick. Touch them with the butter brush and broil them over clear coals at a good height above the fire. Dip in butter and sprinkle with fine salt when done. Serve with the kidneys in a separate dish or under them in place of the bread.

English Muffins—These may be bought at the baker's. Split them and toast a golden brown; butter well, pile one upon another and send to the table very hot.

Whitpot—Two quarts of sweet milk, four eggs, one-half pint of cornmeal, one-half pint of molasses, one tablespoonful of cinnamon and cloves, mixed. Have the milk boiling, then put all the other ingredients together, mix well and stir into the milk and cook slowly until it separates. Serve in soup bowls or plates. This dish is a favorite one with the children and has been handed down from old colonial times.

Boiled Salmon Steak—Boil a pint of broth or water with a small piece of celery and half a handful of parsley, half saltspoon of pepper and half teaspoon of salt to season, and a tablespoonful of vinegar. Cut the steaks in suitable pieces and put the fragments and bones in the boiling liquor. Place the salmon in a bright saucepan, strain the seasoned broth over it and cook by brisk boiling with a lid on top, eight or ten minutes. Serve in a deep dish or tureen with the liquor instead of a sauce. To be eaten with bread and butter. The merit of this dish is in the full preservation of the flavor and richness of the fish.

Hollandaise Potatoes—The potatoes should be cut all into one neat shape before cooking. This can be done with an apple corer if one has no potato scoop. The rest of the potato can be used at another meal. Set the potatoes on the range in cold water with a little salt in it. Boil very gently about twenty minutes, taking care that they do not break and boil away, then pour off the water and let them cool and dry a little. When to be served pour over them a cupful of Hollandaise sauce and sprinkle a little chopped parsley over the top.

Hollandaise Sauce—This should be a golden yellow, shining and smooth and just thick enough to be taken up on the point of a knife. Boil one-half cupful of broth, milk or water with a dozen pepper corns, a scrap of broken nutmeg and a half teaspoonful of salt. When flavored strain it into another saucepan. Put in two-thirds of a cupful of butter and the yolks of four eggs and beat it with a fork over the fire until it thickens like cream. Then take it off and beat in the rest of the cupful of butter in little bits, still beating until all is melted. Then squeeze in the juice of a lemon or a tablespoonful of vinegar instead.

Macaroni Bechamel—Five ounces macaroni, two ounces cheese, two ounces butter, one and one-half pints milk or water, two eggs. Boil the macaroni by itself first, throwing it into water that is already boiling and salted. Cook only twenty minutes

and drain dry. Put it in a baking dish. Chop the cheese, not very fine, and mix it with the macaroni and butter. Beat the two eggs and pint of water or milk together, pour them over the macaroni and set it in the oven to bake. While it is getting hot boil the remaining half-pint of water or milk and thicken it with a rounded tablespoonful of flour; add salt and a tablespoonful of chopped parsley, and when the macaroni in the oven is set so that the two cannot mix pour this white-cream sauce on the top of it, shut up the oven and let it bake a yellow-brown. This makes a very attractive dish, the yellow cheese and custard boiling up in spots among the white sauce and parsley.

Dainty Little Puddings—Grate two large cupfuls of stale bread and soften it with a cupful of water. Grate the rind and squeeze the juice from one orange. Cut two ounces of citron into small bits and mix with the bread, together with the yolks of two eggs and sugar enough to sweeten the whole. Butter five or six small cups. Beat the whites of the eggs to a stiff froth, and just before putting the puddings in the oven mix them with the bread and fruit. Distribute the mixture evenly in the cups and bake slowly about twenty minutes, or until they are brown. Serve hot.

Cream Sauce—Boil one cupful of milk or thin cream with a broken nutmeg or a piece of stick cinnamon in it. Mix together three tablespoonfuls of sugar and one large teaspoonful of corn-starch dry; stir this into the boiling milk and remove from the range when it thickens. Beat in a large teaspoonful of butter and strain.

Harriet Mann.
No. 1421 Central Street, Evanston, Ill.

THURSDAY, MARCH THE EIGHTEENTH.

BREAKFAST.

Fruit.
Wheat granules and cream.
Beauregard eggs. Whole-wheat gems.
Coffee.

LUNCHEON.

Curry of oysters, rice border.
Milk biscuit. Stuffed prunes.
Coffee.

DINNER.

Mock bisque soup.
Broiled steak with sauce Bernaise.
Baked potatoes. Spinach. Lettuce salad.
Orange charlotte. Coffee.

Curry of Oysters—Put one tablespoonful of butter in a saucepan with one sliced onion. Cook until a golden color. Drain the oysters (one pint), boil and skim the liquor. Put one tablespoonful flour and one teaspoonful of curry powder, a saltspoonful salt in the butter; mix; add the oyster liquor, which should measure a half-pint; if it does not, add sufficient water to make up the quantity. Stir until boiling. Have a very hot griddle, throw the oysters on a few at a time. When brown on one side turn and brown on the other, and then lift at once and put them in the sauce. Serve hot in a border of plain boiled rice.

Stuffed Prunes—Wash one pound of prunes, cover with cold water and soak over night. Next morning drain, saving the water. Remove the stones from the prunes without spoiling the shape of the fruit. Put an almond in each place from which a stone was taken. The almonds must be blanched and slightly roasted. Add to the water a teaspoonful of vanilla and a half-cup of sugar. Bring to a boil and skim. Boil two minutes. Add prunes; when soft lift carefully and put aside to cool. A tablespoonful of soaked gelatine may be added while the prunes are hot. This will give a creamy, clear sauce.

Mock Bisque Soup—Put one pint of tomatoes on to stew, with one bay leaf, sprig of parsley and blade of mace, let them stew fifteen minutes. Put one quart of milk on to boil in a farina boiler. Rub together one large tablespoonful of butter, two tablespoonfuls of flour; add to the milk when boiling and stir constantly until it thickens. Now press the tomatoes through a sieve, and add a teaspoonful of sugar and half a teaspoonful of soda, a teaspoonful of salt and the boiling milk. Serve immediately.

Sauce Bernaise—Beat the yolks of three eggs until creamy; add three tablespoonfuls of hot water, three tablespoonfuls of olive oil; stand the bowl in a pan of boiling water and stir until the eggs thicken; take from the fire and add one tablespoonful of vinegar, a dash of pepper and a little salt. Mix well and stand away to cool.

Orange Charlotte—Cover one-third of a box of gelatine with one-third of a cup of cold water and soak a half-hour; add to it a third of a cup of boiling water, juice of one lemon, one cup of sugar, one cup of orange juice and a little of the grated rind; whip to a foam one pint of cream and add it to the above mixture; beat until it thickens and then turn it into a pudding mold lined with sections of oranges. Elizabeth Howell.

No. 108 Home avenue, Oak Park, Ill.

FRIDAY, MARCH THE NINETEENTH.

BREAKFAST.

Compote of oranges.
Wheatlet, with sugar and cream.
Fish omelet. Graham bread. Coffee.

LUNCHEON.

Rice cutlets and tomato sauce.
Baked apples.
Oatmeal biscuits and butter. Coffee.

DINNER.

Mock turtle soup.
Cod à la Bechamel.
Irish potatoes. Artichokes with sauce.
Caramel pudding. Tea.

Fish Omelet—Beat up four eggs with a quantity equal in bulk to one egg of the remnants of any cold fish shredded fine, a pinch of minced parsley, one-fourth saltspoonful of pepper, one saltspoonful of salt; mix well. Melt a lump of butter the size of an egg, pour in the mixture and let it cook over a clear fire; as soon as it is cooked through fold over on to a hot dish and serve quickly.

Rice Cutlets—One-half pint of cooked rice, one pint of cold meat, one onion, one-half pint of bread crumbs; boil the rice in salted water and strain it, chop up the meat and onions small and mix with the rice; sprinkle one saltspoonful of salt and one-fourth saltspoonful of pepper over it; mix well together with just a little milk to make a paste; let the mixture set on a plate; cut into the shape of mutton cutlets; dip in egg and bread crumbs; fry a golden brown; serve with tomato sauce.

Oatmeal Biscuits—Five ounces of flour, seven ounces of oatmeal, three ounces of sugar, four ounces of lard or butter, one-half teaspoon of baking soda, one teaspoon of cream of tartar, one egg; melt the lard or butter, mix together the flour, oatmeal, sugar and cream of tartar, then stir in the melted fat, break the egg with a little water into a teacup, add the sifted soda, beat slightly and stir in with the other ingredients until it becomes a paste; turn out on to a board and roll it out very thinly, cut into rounds and bake on a greased tin for twenty minutes.

Mock Turtle Soup—A knuckle of veal, two onions stuck with six cloves, one bunch of sweet herbs, three blades of mace, one dessertspoonful of salt, twelve peppercorns, a little lemon juice, three quarts of water; put all the ingredients into a stone jar, and stew for four hours; do not open it until cold. When wanted for use skim off all the fat, and strain carefully, place it on the fire, cut up the meat into inch and a half squares, put into the soup, add twenty very small forcemeat balls, put into a soup tureen and serve very hot. It can be flavored with a tablespoonful of anchovy sauce, if liked. This is a delicious soup, and just as good made hot for a second day.

Bechamel Sauce—Put two ounces of butter and one ounce and a half of flour into a saucepan. When well mixed add one pint of white stock and stir till it boils; add one dessertspoon of

mushroom catsup, two tablespoons of cream, one-fourth saltspoon of pepper, one-half teaspoon of salt; let it simmer for a few minutes.

Cod à la Bechamel—One pint of cold cod, flake carefully, season with one-half teaspoon of salt and a half saltspoon of paprika. Put the Bechamel sauce into a stewpan, with two ounces of butter, and stir over the fire; put in the fish and mix it well with the sauce. Make a border of fried bread round the dish, lay in the fish, sprinkle over with bread crumbs and baste with butter. Brown in oven.

Artichokes, with Sauce—Peel the artichokes and boil them in salted water for fifteen minutes; drain them and serve with the following sauce: Mix one and one-half ounces of butter with one tablespoon of flour, add one-half pint of water, one-fourth teaspoon of salt and just a dash of pepper; stir over the fire until it thickens, then take the pan off the fire and stir in the yolks of two eggs, beaten up with a teaspoonful of lemon juice and strained.

Artichokes make a delicious dish cooked this way and may be eaten with meat or fish, or served as a separate course with toast. Jerusalem artichokes come into the market in July; they may be packed in sand for winter use.

Caramel Pudding—For the caramel, two ounces of white sugar, one-half gill of cold water; put two ounces of white sugar and one-half gill of cold water into a stewpan and boil quickly until coffee-color; stir well and pour it quickly into a thoroughly dry plain mold and let it coat the mold all over. Make a custard of four yolks and one white of egg, one tablespoon of white sugar and one-half pint of milk, thus: Break the eggs into a basin, add the sugar; boil the milk, and when a little cool pour it on to the eggs and sugar; then strain it into the mold you have lined with caramel; put a buttered paper over the top and steam it slowly for half an hour; turn it out on to a dish and some of the caramel will run off and form a sauce (this is a delicious pudding).

Anderson, Ind. Mrs. H. Ross Edwards.

SATURDAY, MARCH THE TWENTIETH

BREAKFAST.

Fried mush with maple syrup.
Poached eggs on toast.
Coffee.

LUNCHEON.

Oysters à la Newburg.
Sacked potatoes. Pickles. Albany fruit cake.
Tea.

DINNER.

Cream of celery soup.
Pocket of veal with Spanish dressing.
Baked potatoes. Lady cabbage.
Syllabub. Coffee cake.
Coffee.

Oysters à la Newburg—Heat one gill of cream in a double boiler. Rub one tablespoonful of flour into two ounces of butter. Rub the yolks of three hard-boiled eggs smooth with a little cream and add to hot cream with flour mixture. Stir until thick and smooth, then add a shake of red pepper and one-half teaspoonful of salt. Cook about three dozen oysters in their own liquor and one teaspoonful of salt until the edges are curled. Drain, and add at once to cream and serve immediately.

Albany Fruit Cake—One and one-half cupfuls of sugar, one cupful of butter, three eggs, one cupful of sour milk, one level teaspoon of soda in the milk, one-half teaspoonful cloves and one tablespoonful of cinnamon; one-half nutmeg grated. Two teacupfuls of dried apples soaked over night then chopped a little, put in stewpan with one cupful of molasses and let simmer until tender, about two hours. Fix the apples the day before so they will be thoroughly cool. One cupful of raisins stoned and chopped, one-third cupful of Zante currants and a little citron. Rub a little flour in the fruit to keep it from sinking. Five cupfuls of flour. This will make two long loaves and should be baked a week before using.

Pocket of Veal with Spanish Dressing—Get a rib piece of veal weighing about three pounds and have a pocket cut in one side; fill this with Spanish dressing and roast for two hours.

Spanish Dressing—Remove the crust from a one-pound loaf of bread, crumb it up and moisten with a pint of canned tomatoes. Then season with three-quarters of a teaspoonful of salt, two good dashes of cayenne pepper and one tablespoonful each of chopped onion and celery.

Coffee Cake—One-half cupful of butter, one cupful of sugar, two eggs, one-half cupful of molasses, one-half cupful of cold coffee, two cupfuls of flour, one-half teaspoonful of soda in the coffee; one-quarter teaspoonful each of cloves and mace, and one teaspoonful of cinnamon. Bake in long bar tin.

Syllabub—One pint of cream, whites of two eggs, and one small cupful of powdered sugar. Whip one-half the sugar with cream, the remainder with the eggs. Mix well and pour over sliced oranges and bananas sweetened. Mrs. C. L. Wilbur.

No. 610 Sycamore Street S., Lansing, Mich.

SUNDAY, MARCH THE TWENTY-FIRST.

BREAKFAST.

Oranges.
Cracked wheat with sugar and cream.
Creamed codfish with poached eggs.
French fried potatoes. Cornmeal bread.
Coffee.

LUNCHEON.

Boullettes of liver.
Bread and butter. Fried cream.
Hot gingerbread.
Apple sago pudding.
Tea.

DINNER.

Vegetable soup.
Brunswick stew.
Mashed potatoes. Oyster-plant cakes.
Floating island
Coffee.

Creamed Codfish with Poached Eggs—Put one cupful of picked-up codfish in a stewpan with boiling water enough to cover; cook twenty minutes; drain off the water, add one pint of boiled milk; cook ten minutes longer; thicken with one tablespoonful of flour and one tablespoonful of butter rubbed together; add one-fourth teaspoonful of pepper, and, if too fresh, a pinch of salt. Have on a hot platter five moistened squares of toast. Place the codfish on the toast, spreading smoothly; put some boiling water and five muffin rings in a frying-pan; break five eggs on a saucer, one at a time; drop each one gently into a ring; cook three minutes; take them out with a skimmer one by one, place them on top of the codfish, remove the rings, sprinkle lightly with pepper and salt. Serve at once.

Boullettes of Liver—Cut a half-pound of liver into thin slices; put it into a saucepan, cover with boiling water and simmer gently for twenty minutes; drain and chop fine; put a gill of milk in a double boiler; rub together one tablespoonful of butter and two tablespoonfuls of flour; stir this into the milk, then add the liver; cook in the double boiler for ten minutes; add one teaspoonful of chopped parsley, quarter-teaspoonful of salt, one-eighth teaspoonful of pepper and a teaspoonful of onion juice; then add the well-beaten yolk of one egg to the mixture; turn out to cool; when cold form into balls, dip in egg, then in bread crumbs and fry in hot fat. Serve on a hot platter.

Fried Cream—Put on one pint of milk to boil; add two table-

spoons of cornstarch, one-quarter teaspoon of salt, one well-beaten egg; don't allow to boil after adding the egg; turn into a square mold to cool. When cold cut into slices half an inch thick, roll in flour and sauté in butter in a frying-pan.

Hot Gingerbread—Separate two eggs, beat the yolks light, add half-cup of butter, half-cup of milk, one cup of molasses with half-teaspoonful of soda dissolved in it, two cups of flour, the whites of the eggs beaten stiff; beat all hard for five minutes. Bake in moderate oven for three-quarters of an hour.

Apple Sago Pudding—Cover four tablespoonfuls of pearl sago with one pint of water; let it soak over night; next morning pare and core six apples, place them in a baking-dish and pour over them the sago; cover the dish and bake in the oven till the apples are tender; stand aside till cold. Serve with cream and powdered sugar.

Oyster-Plant Cakes—Wash and scrape one dozen roots of oyster plant, throw each into cold water as soon as scraped or it will turn black; then slice them, put them in a saucepan, cover with boiling water, boil till tender; drain off the water, add one teaspoonful of salt, mash through a colander, form into cakes and fry in hot dripping till brown on both sides.

Floating Island—For the custard put one quart of milk in the double boiler, add half a cup of granulated sugar; Separate four eggs, beat the yolks light, add them to the boiling milk, boil one minute; allow it to get ice cold, add one teaspoonful of vanilla. When ready to serve turn the custard into a glass dish, beat the whites of the eggs stiff enough to stand, add two tablespoonfuls of powdered sugar, drop in spoonfuls on the custard, making six islands; garnish with bits of currant jelly placed round the islands.

Miss Ellen Hearst

No. 147 Astor Street, Chicago.

MONDAY, MARCH THE TWENTY-SECOND.

BREAKFAST.

Sliced oranges with powdered sugar.
Broiled ham. Bread and butter.
Coffee.

LUNCHEON.

Chicken sandwiches.
Southern corn bread. Strawberry jam.
Olives. Tea.

DINNER.

Stewed pigeon. Steamed potatoes.
Hot steamed brown bread.
Gherkins. Rice custard.
Nuts. Coffee.

Stewed Pigeon—Slice a hard white cabbage into water, as for pickling; drain it, boil it in milk and water, again drain it, and lay some at the bottom of a stew-pan; soak two pigeons half an hour, season them well with salt and pepper, lay them on the cabbage, and cover with the remainder of it. Add a little broth, stew gently till the pigeons are tender, and stir in some flour, butter and cream for thickening. Let it boil up, and serve the birds in the middle, with the cabbage around them.

Rice Custard—Mix a pint of milk, half a pint of cream, an ounce of sifted ground rice, two tablespoonfuls of rose water, sweeten with loaf sugar, and stir all well together till it nearly boils; add the well-beaten yolks of three eggs. Stir and let it simmer for about a minute, pour it into a dish or serve it in cups, with sifted loaf sugar and a little nutmeg over the top.

Southern Corn Bread—Sift one quart of white corn meal with two teaspoonfuls of baking powder. Add three tablespoonfuls of melted lard, salt to taste, three beaten eggs and a pint of milk or enough to make a thin batter. Beat all very hard for two minutes and bake rather quickly in a hot, well-greased pan in which a little dry meal has been sifted. Eat immediately.

Nannie K. Van Keuren.
No. 412 South Boulevard, Oak Park, Illinois.

TUESDAY, MARCH THE TWENTY-THIRD.

BREAKFAST.

Orange salad.
Farina, sugar and cream.
Creamed potatoes. Plain omelette.
Graham gems.
Coffee.

LUNCHEON.

Oyster croquettes. Bread and butter.
Lemon jelly. Sponge cake.
Tea.

DINNER.

Purée of vegetable soup.
Braised mutton.
Potato puff. Boston brown bread. Canned peas.
Apple custard pie.

Orange salad—Slice three sweet oranges lengthwise, add the juice of one lemon and sprinkle with one-half cup sugar.

Oyster Croquettes—One-half pint raw oysters, half pint cooked

veal, one heaping tablespoonful butter, three tablespoonfuls of cracker crumbs, the yolks of two eggs, one tablespoonful of onion juice; chop the oysters and veal fine, add one-half teaspoonful salt, a pinch of white pepper, mix together and shape. Dip in egg and roll in cracker crumbs and fry in hot lard.

Purée of Vegetable Soup—Peel two potatoes and one onion and cut in slices. Put two tablespoonfuls butter in a fryingpan, add the onion, fry until a golden brown, then turn into the soup kettle; add the potatoes, two tablespoonfuls of rice, one carrot cut into slices, and one quart stock or water; cook slowly until tender. Pass all through a sieve and return to kettle. Moisten two tablespoonfuls cornstarch with one pint milk and add to the purée. Season with half teaspoonful salt.

Braised Mutton—Put one sliced onion, one sliced carrot in bottom of braising pan and lay upon it three pounds of mutton; half cover with boiling water, cover closely and bake one-half hour; after which season with one large teaspoonful salt, one-half saltspoonful pepper and bake one-half hour longer. Serve with brown sauce.

Potato Puff—Put two cups of mashed potato into a saucepan, add the yolks of two eggs and three tablespoonfuls of cream, one tablespoonful butter and one-half teaspoonful salt, stirring constantly over the fire until the potatoes are light and hot. Take from the fire and stir in carefully the beaten whites. Put in a buttered baking dish and bake in a quick oven until brown.

Boston Brown Bread—One heaping cup each of corn, rye and graham meal, mixed together thoroughly with two cups sweet milk, one cup sour milk, one cup molasses, one heaping teaspoonful of soda, one teaspoon salt. Put into a tin form, place over a kettle of boiling water and steam four hours.

Apple Custard Pie—Two cupfuls of stewed apples, mashed very fine; add two tablespoonfuls butter, one cup sugar, the beaten white of one egg and yolks of two. Bake with one crust. Frost with the remaining white of one egg and three spoonfuls sugar.

Sponge Cake—Beat three eggs for ten minutes; add one cup sugar and beat five minutes; add one tablespoonful of lemon juice and one of cold water; beat one minute; fold in carefully one even cup sifted flour. Bake in moderate oven about twenty-five minutes.

Glacé Icing for Sponge Cake—One cup of powdered sugar; add one tablespoonful lemon juice and one of boiling water, or a little more. It should be thin enough to spread itself slowly over the cake.

Mrs. J. G. Carr.

Milton Junction, Wis.

WEDNESDAY, MARCH THE TWENTY-FOURTH.

BREAKFAST.

Stewed prunes.
Rolled avena with cream. Yeast-raised muffins.
Omelet. Postum cereal.

LUNCHEON.

Cold tongue. Chile sauce.
Cream potatoes.
Crullers. Quince jelly. Cocoa.

DINNER.

Argentine soup.
Fried red snapper. Baked potatoes.
Stewed celery.
Steamed batter pudding.
Postum cereal.

Prunes—Soak prunes over night and boil slowly from five to six hours. Sweeten just before removing from stove.

Rolled Avena—Have boiling water in lower part of double boiler. Put one quart boiling water in upper part. Add one teaspoonful salt. Stir in quickly one pint of rolled avena. Keep boiling rapidly for twenty-five minutes. Do not stir at all while cooking. Remove cooker to stove shelf or top of reservoir, where it will keep hot with no danger of boiling. Allow it to remain there from half an hour to an hour. This process causes the grains to swell without bursting, and the result is a deliciously light dish of oatmeal.

Yeast-Raised Muffins—One pint of milk, one large kitchen spoonful butter, melted; one cake compressed yeast, one-half teaspoonful salt, flour to make a thick batter. Mix these ingredients at supper time. Cover well and leave in warm place. In the morning add the beaten white of one egg and a pinch of soda the size of a pea, or more if needed to make batter perfectly sweet. Fry in greased muffin rings on a hot greased griddle.

Chile Sauce—To be made in the summer. One-half peck tomatoes, chopped; three stalks of celery, cut fine; one cup grated horseradish; two red peppers, chopped fine; one cup of onions, chopped fine; one small cup of salt, one cup of black and white mustard seed, two tablespoonfuls of white pepper seed, two teaspoonfuls of cinnamon, one teaspoonful of cloves, one teaspoonful of mace, one cup white sugar, one quart cider vinegar. Stir all well together. Do not cook. Keep in Mason jars.

Crullers—Two cups brown sugar, one and one-half cups butter, six eggs, one-half nutmeg, flour enough to make a moderately

stiff dough. Roll to a thickness of a quarter of an inch, cut out and fry in smoking hot lard.

Argentine Soup—Soak one-half pint split peas for two hours. Boil in plenty of water for four hours with two bay leaves and twelve seeds of dried red pepper. An hour before serving add one quart of good strong stock or three-quarters of a pint of cold roast meat gravy. One-half hour before serving add one pint of canned tomatoes. Allow soup to boil down to three quarts. Strain through colander. Season with salt to suit taste. Two teaspoonfuls will be found nearly correct. Allow soup to boil again before serving. This soup may be varied indefinitely by using different fresh and dried vegetables.

Steamed Batter Pudding—Beat one egg, add one-half teacup sugar and lump of butter size of walnut. Sift one teaspoon baking powder and one-half teaspoon salt into two cups of flour. Stir a cup of raisins into the flour. Stir all together, adding gradually two-thirds of a cup of sweet milk. Turn into buttered pudding dish. Steam one hour. Cover steamer with cloth before covering with lid, as this closes it more surely. Serve pudding with cream and sugar. Mrs. Milton Updegraff.

Columbia, Mo.

THURSDAY, MARCH THE TWENTY-FIFTH.

BREAKFAST.

Fruit.
Sausage omelet. Watercress. Potato chips.
English crumpets.
Coffee.

LUNCHEON.

Mayonnaise fish. Fresh rolls.
Rarebit. Toasted wafers. Jelly.
Tea.

DINNER.

Tomato soup.
Pulled chicken. Mashed potatoes.
Boiled rice. Lettuce salad.
Orange float.
Coffee.

Sausage Omelet—Skin three links of sausage, put over the fire in a frying-pan and stir for five minutes and place in the middle of an omelet of six eggs, just ready to fold.

English Crumpets—One cup of warm milk, one-quarter cup of yeast, one saltspoonful of salt, one egg well beaten, a tablespoon-

ful of soft butter and flour enough to make a stiff batter. Beat thoroughly and let rise over night. In the morning grease some muffin rings, place them on a warm griddle, very carefully spoon up the batter so as not to break the bubbles, and fill them half full. Let rise twenty minutes and bake. When done on one side turn and bake on the other. Butter them while hot, pile one on another and serve immediately.

Mayonnaise Fish—Take a pound or more of cold boiled fish, cut into pieces an inch in length. Put the yolks of four fresh raw eggs with two hard-boiled ones into a cold bowl. Rub them as smooth as possible before introducing the oil. Allow a tablespoonful of oil to each yolk of raw egg. Introduce this by degrees, a few drops at a time. When the oil is well mixed and resembles jelly put in one teaspoonful of salt, one-half teaspoonful of pepper and one of made mustard. Add two tablespoonfuls of vinegar gradually. Serve the fish in a glass dish, with half the dressing stirred in with it. Spread the remainder over the top and lay lettuce leaves around the edges.

Pulled Chicken—Cut off the first and second joints, sides and back from a cold roasted chicken, dip them in beaten egg and bread crumbs seasoned with salt and pepper. Skin the breast and wings and pull the meat off in flakes; heat in a nicely seasoned white sauce. Broil the breaded pieces. Pour the mince in the middle of a dish, lay the rest around, and the juice of half a lemon may be squeezed over all.

White Sauce—Mix two tablespoonfuls of sifted flour with two of warm butter. Place over the fire a saucepan containing a pint of sweet milk and half teaspoon of salt and a dash of white pepper. When it reaches the boiling point add the butter and flour, stirring briskly until it thickens. Cook five minutes.

Orange Float—One quart of water, the juice and pulp of two lemons, one coffeecupful of sugar. When boiling hot add four tablespoonfuls of cornstarch. Boil fifteen minutes, stirring all the time. When cold pour it over five sliced oranges in a glass dish. Over the top spread the beaten whites of three eggs sweetened and flavored with vanilla. Mrs. John Buie.

No. 170 Harding avenue, Chicago.

FRIDAY, MARCH THE TWENTY-SIXTH

BREAKFAST.

White cornmeal mush and cream.
Broiled mackerel.
Toast. Coffee.

LUNCHEON.

Scrambled eggs and calves' brains.
Buttered white bread.
Currant jam. Hot ginger cake.
Tea.

DINNER.

Chicken broth with rice.
Broiled whitefish and hard-boiled eggs.
Browned potatoes.
Orange salad and toasted crackers.
Jenny Lind—lemon sauce.
Coffee.

White Cornmeal Mush—The art of making perfectly smooth mush is to have the water boiling and salted. Into a quart of such water let white meal fall from the left hand, stirring steadily with the right hand until the meal floats in little dry patches on top; then boil for one hour, stirring often. Use double boiler. Serve with cream.

Minute Ginger Cake—Set a teacup in a cake bowl and put into the cup five tablespoonfuls boiling water, one large tablespoonful of butter, one of ginger, a dash of cinnamon, one-half teaspoonful of salt and a half one of soda. Fill the cup with real New Orleans molasses (any other will cause a failure) and stir until the mixture foams over into the bowl. Make thicker with flour than any other kind of cake. Pour into a small cake pan, bake in a moderate oven and serve while hot.

Broiled Whitefish and Hard-Boiled Eggs—Every kitchen should have a wire broiler to fit over an iron dripping-pan. On this place whitefish, well seasoned with salt and red pepper, and a few slices of breakfast bacon on top. Put in an evenly heated oven and broil without turning. Garnish with four hard-boiled eggs, pressed through the potato-masher. Butter the fish well after it is arranged on the platter. Serve with parsley and lemon.

Browned Potatoes—Cut cold boiled potatoes into thick slices and brown each piece on both sides (being careful not to break them) in a larded spider. Sprinkle with salt and pepper.

Orange Salad—Peel and cut four oranges into dice, place on lettuce leaves or in the halves of the orange skin and pour over a small cupful of rich salad dressing. Serve with toasted crackers.

Jenny Lind—Make a thin batter of three eggs, two full tablespoonfuls of melted butter, pinch of salt, two teaspoonfuls of baking powder, pint of milk or water, a quart of flour. Bake on hot griddle in cakes the size of a small plate. Butter on the wrong side, spread with fruit-jam or marmalade, roll up, lay on a flat dish, sprinkle fine sugar over them. Serve hot with cream or hot lemon sauce.

Lemon Sauce—One tablespoonful butter, two of flour, three of sugar, and the yolk of one egg, rubbed into a smooth paste. Pour over a pint boiling water, stirring all the time to keep from getting "humpy." Let boil for ten minutes, or until it is of the consistency of cream. Flavor with lemon juice, adding nutmeg.

Beat the white of the egg to a froth and stir through just before sending to the table.

Mary Erskine.

No. 505 West William Street, Decatur, Ill.

SATURDAY, MARCH THE TWENTY-SEVENTH.

BREAKFAST.

Bananas.
Cracked wheat, sugar and cream.
Meat balls. Sacked potatoes.
Flannel cakes. Maple sirup.
Coffee.

LUNCHEON.

Fish réchauffé.
Thirded biscuit.
One-egg lunch cake. Stewed dried peaches.
Tea.

DINNER.

Lenten soup.
Veal steaks, horseradish.
Hominy croquettes. Panned potatoes.
Orange pie. Coffee.

Flannel Cakes—One tablespoonful of butter, one pint of flour, one saltspoonful of salt, two eggs, two cupfuls of milk, two teaspoonfuls of baking-powder. Rub the butter into the flour and add the salt. Beat the yolks of the eggs light, add the milk to them and when well beaten stir the milk into the flour until quite smooth. Beat the whites light; add them, and lastly the baking-powder, and bake on a hot griddle.

Meat Balls—One pint of fine-chopped cold meat (any kind left over from previous dinner); add one cupful of bread or cracker crumbs, a little chopped onion, a little gravy mixed with the cracker crumbs to moisten them. Season with one-quarter teaspoonful of pepper, one-half teaspoonful of salt. Mold into balls and fry in hot lard or drippings.

Sacked Potatoes—Select for baking potatoes as near of a size as possible; cut off each end, and when baked scoop out the inside with a spoon, being careful not to break the skins. Add to the potato (for one-half dozen) one teaspoonful of butter, one teaspoonful of salt, one-quarter teaspoonful of pepper, one-half cupful of sweet milk. Beat until very light and smooth. Fill the skins with this and place in a greased pan and set on the oven

grate until ends of potatoes are browned. The potatoes will puff up considerably if sufficiently beaten. Very nice.

Fish Réchauffé—The fish left over from dinner may, by this process, be made into a most palatable dish. Heat the fish in a frying-pan, removing the large bones if the fish is broken or has been cut, but if pan fish and whole do not break them. While heating, prepare the dressing. To one pound of fish allow one and one-half cupfuls of canned tomato, one level teaspoonful of salt, one egg (yolk), one-fourth teaspoonful of pepper. Stew the tomato until soft, strain through a coarse sieve to remove the ends, return to the stew-pan and add the salt and pepper. Beat the egg in two tablespoonfuls of cold water; when the tomato is boiling hot set the pan in a mild heat and add the yolk, stirring well. Do not boil the sauce after the egg is added, as it is likely to break. The heat should be just sufficient to cook the egg and thicken the tomato to the consistency of cream. Remove the fish to a platter, turn over it the sauce and serve.

Thirded Biscuit—One cup of flour, one cup of Indian meal, one cup of rye flour, two cups of sour milk, into which put a heaping teaspoonful of soda, one large tablespoonful of sugar, a pinch of salt, two well beaten eggs. Mix the wheat and rye flour and Indian meal; add the milk, sugar, salt, and lastly the eggs. Bake in gem pans.

One-Egg Lunch Cake—One tablespoonful of butter, one scant cup of sugar, one egg, one and one-half cups of flour, three-quarters cup of milk (scant), three-quarters cup of currants, one teaspoonful of baking powder. Rub butter and sugar to a cream, then add the well-beaten egg. Sift the flour and baking powder together; add them and milk to the mixture; beat well, then add the currants, which have been floured. Beat well and bake in a loaf pan or in small patty pans.

Lenten Soup—Prepare three carrots, three turnips and three onions by scraping, peeling and washing. Slice them and fry them a golden brown in fresh lard or dripping. Cut up a head of celery and put in and fry a few moments also. Add to this two cloves, one teaspoonful of salt, one-half teaspoonful of pepper, a little parsley and a little grated nutmeg. Cover this with nearly three quarts of water and simmer three hours. This may be used instead of broth in the Lenten season.

Veal Steaks—These are delicious broiled as beefsteak over a hot fire. The steak should be thinner than beefsteak to cook quickly through, and when taken up on a heated platter should be spread with a little butter and sprinkled with salt and pepper. Take one and one-fourth pounds of veal steak, pound with sharp end of a small hammer and proceed as above. Or place in a pan with a lump of butter, salt and pepper sprinkled lightly over it, also a little flour, and bake in a hot oven about half an hour. This is truly delicious.

Hominy Croquettes—One pint of cold hominy mush, one teaspoonful of butter, two tablespoonfuls of milk, one teaspoonful of white sugar. Mix well, make into balls and dip in fine cracker

crumbs or flour, and fry in hot lard a golden brown. Serve immediately quite hot.

Orange Pie—To the grated rind of one-half a lemon and half the grated rind of one orange add the juice of both the orange and the lemon. Beat to a cream three-fourths of a cup of sugar, the yolks of two eggs and teaspoonful of butter. Heat in a bowl of hot water until of the consistency of cream and put into the pie crust and bake. Beat whites with two tablespoonfuls of sugar. When pies are done cover with meringue and set in the oven to harden. Miss S. S. Wilson.

Box 1042, Hudson, Mich.

SUNDAY, MARCH THE TWENTY-EIGHTH.

BREAKFAST.

Oranges.
Farina, with sugar and cream.
Creamed fish.
Fried grits (small hominy).
Graham gems.
Cocoa or coffee.

LUNCHEON.

Boiled ham. Duchess potatoes
Snow cakes. Egg cream.
Tea.

DINNER.

Tomato soup.
Stewed chicken. Rice croquettes.
Corn (canned). Dinner rolls.
Coffee jelly, with cream.
Sponge cake.

Farina—Three tablespoonfuls granulated farina, one-half saltspoonful salt, one pint boiling water. Cook the mixture in a sauce-pan for twenty minutes after it actually boils. This is a very delicate food. Served with cream and sugar.

Creamed Fish—Any whitefish which flakes easily may be used. Cusk, cod and haddock are particularly good. Cook the fish fifteen or twenty minutes by gentle boiling. Remove the flesh carefully from the bones, letting it separate into flakes; season a pint of fish with one-half teaspoonful salt, one-quarter teaspoonful pepper and a few drops lemon juice. For a pint of fish make a sauce with four dessertspoonfuls of butter, two of flour, one pint milk, in which a small slice of onion has been

boiled and a half teaspoonful of salt. Pour the sauce over the seasoned fish, mix, arrange in a platter, sprinkle with bread crumbs (buttered) and bake in a hot oven from twenty to thirty minutes. A speck of cayenne is a good addition to the sauce.

Fried Grits—Boil a small cup of grits in one quart salted water until tender; then pour in a platter one-half inch thick to cool. When cold cut in small slices, flour slightly and brown both sides on a hot griddle greased well with butter or lard.

Graham Gems—One cup milk, half-teaspoon salt, half-cup white flour, one cup graham flour, two tablespoons sugar, one tablespoon melted butter, half-teaspoon soda (slightly scanted), one teaspoon cream of tartar. Sift and measure graham flour; add soda, cream of tartar and white flour, and sift again. Mix milk, salt, sugar together and stir into flour. Last, put in the melted butter, heat for a minute, then drop a spoonful in each division of a gem pan, which should be well greased and made very hot on top of stove. Bake in hot oven from twenty-five to thirty minutes.

Snow Cakes—Half-tablespoon butter, one tablespoon sugar, whites of two eggs, one and one-half cups flour, one saltspoon salt, one and one-half teaspoons baking powder, one cup milk. Sift flour, salt and baking powder together four times. Cream the butter and sugar with a little of the milk; add the whites of the eggs well beaten, the rest of the milk, and, last, the flour. Bake this batter in hot buttered gem pans from twenty to thirty minutes, or you can bake in small round earthen cups. These cakes are delicious eaten hot for lunch or tea.

Duchess Potatoes—One pint potatoes, one teaspoon butter, half teaspoon salt, one egg, one level saltspoon white pepper. Wash, pare and boil potatoes. When dry and mealy put in the butter, salt, pepper and mash them thoroughly and quickly. Add the egg, well beaten, and three tablespoonfuls of cream or milk. Mix and form into a flat cake half-inch thick. Cut into oblongs or squares or shape into balls, brush over with white of egg or milk and bake in a hot oven until a delicate brown.

Egg Cream—Two eggs, two tablespoons sugar, juice and grated rind of half a lemon. Separate the yolks from the whites and beat in a bowl with the sugar until both are well mixed. Then put in the lemon and place the bowl in a dish of boiling water on the fire. Stir slowly until the mixture begins to thicken. Then add the beaten whites of the eggs and stir for two minutes, or until the whole resembles very thick cream. Remove from fire, pour into small china cups and set it away to cool. Double the recipe when needed.

Tomato Soup—Let the canned tomatoes stew only just long enough to soften through. When they are soft strain through a soup-strainer or coarse wire-strainer until there is nothing left but the seeds. Measure a pint of the liquid, add one teaspoon salt, one saltspoon pepper, one-half saltspoon of soda and set it on the stove to heat slowly. Meanwhile make a white sauce, with one tablespoon butter, one of flour and one pint milk, thus: Set

the milk on fire in a sauce-pan to heat; put the butter and flour in another pan on the fire and stir gently until the butter melts; let them bubble together two or three minutes, then pour in milk, a little at a time, until all is used; stir so it will be smooth, until it bubbles; add this sauce to the tomato, strain all again, return to fire and serve as soon as steaming hot.

Stewed Chicken—One chicken, weighing about three pounds, cut into pieces, as for serving; wash in cold water, then put in sauce-pan, with one quart boiling water; cover and let simmer an hour; then add one teaspoonful salt, one-quarter teaspoonful pepper, a very small sliced onion, one dozen celery seeds; cover and let simmer until perfectly tender; several hours. Just before dinner time add a small cup of milk, in which has been dissolved one teaspoonful of cornstarch; stir slowly until it all comes to a boil and begins to thicken like cream; add teaspoon of very fine chopped parsley, over all, when dished.

Rice Croquettes—One cupful boiled rice, one-half cup milk, one egg, one tablespoon sugar, one of butter, one-half teaspoon salt, a slight grating of nutmeg. Put milk on to boil and add rice and seasoning. When it boils up add the egg well beaten. Stir one minute; take off and cool. When cold, shape and roll in egg and crumbs and brown a few at a time in hot fat.

Coffee Jelly—One-fourth box gelatine, dissolved in one-half cup cold water an hour, then one cup boiling water, one cup very strong coffee, one-half cup sugar, one-half teaspoon vanilla (or this may be left out). The coffee should be made with the proportion of two tablespoons of coffee to a cup of water, coffee should also be added boiling hot; after the boiling water then the sugar. When all is dissolved strain and set away to cool. Serve with sweet cream, and sugar if desired. Nelson's gelatine is the most delicate. The cup for boiling water and coffee should hold half a pint. The cold water measure in a teacup. If jelly is liked very sweet two-thirds of a cup of sugar can be used.

Sponge Cake—Three eggs, one cup flour, three tablespoons cold water, one cup sugar, two even teaspoons baking powder, flavor as preferred, beat white of eggs stiff and set aside, sift flour with baking powder twice, beat yolks of eggs very light, add sugar, beat well together, then add cold water, the flour, a little at a time, and last the whites. Have gem pans well buttered, half fill and bake at once in a good oven. This will make about a dozen nice small cakes. Mrs. Thomas Turtle.

No. 2815 Q Street, Washington, D. C.

MONDAY, MARCH THE TWENTY-NINTH.

BREAKFAST.

Acidulated bananas.
Cracked wheat with cream.
Eggs sur le plat. Steamed graham bread.
Coffee.

LUNCHEON.

Baked codfish. Buttered toast.
Currant buns. Peach cream.
Russian tea.

DINNER.

Duchess soup.
Spiced roast mutton. Mashed potatoes.
Rich parsnips. Corn fritters.
Sweet pickled watermelon.
Cream puffs. Drip coffee.
Cheese.

Acidulated Bananas—Slice four ripe bananas in a glass dish and squeeze the juice of a large lemon over them. Then add a gill of ice water and half a cup of sugar. Let stand half an hour in cold place.

Egg sur le Plat—Beat two eggs separately, spread upon stoneware platter, then drop five eggs upon this, season with half a teaspoonful of salt and a third as much of pepper. Sprinkle half a teacupful of cracker crumbs over all and place in a hot oven until eggs are set.

Baked Codfish—Pick one teacup of codfish fine, let it stew gently in warm water while you mix two cups of cold mashed potatoes with one pint of sweet milk, two eggs, lump of butter size of egg, pinch of pepper and salt if necessary. Stir with codfish, pour in pudding dish and bake about thirty minutes.

Currant Buns—Mix one pint warmed milk, half a cake of compressed yeast and one quart of flour and let rise in warm place for nearly three hours. Then add half a cup of butter rubbed to a cream with one cup of powdered sugar and one beaten egg; then flour enough to make a soft dough and a cup of floured currants; knead quickly; let rise until very light, then make into quite small buns. Set them close together on tins and let rise again. When all of a sponge brush the tops with a little milk and sugar and bake in a quick oven fifteen or twenty minutes.

Peach Cream—Mash a cupful of canned peaches (or fresh, in season) through a coarse sieve. Allow as much cream as peach pulp, sweeten with two tablespoonfuls of sugar and beat briskly until the cream is light. Serve in glasses with currant buns.

Duchess Soup—Two slices each of carrot and onion cooked in a tablespoonful of butter five minutes. Add one quart of white stock, one small blade of mace and cook fifteen minutes. Melt two tablespoonfuls of butter, stir in two tablespoonfuls of flour until free from lumps, add gradually the seasoned stock, one-half teaspoonful of salt, saltspoon of pepper and one pint of rich milk. Stir in four tablespoonfuls of grated cheese. Cook two minutes.

Roast Mutton, Spiced—Prepare any roasting cut of young

mutton by rubbing well with a teaspoon of salt and an even teaspoon of pepper, place in iron baking pan with six whole cloves, one dozen whole allspice, three tablespoons sugar, one-third pint vinegar and two-thirds pint of water. Cover with another pan and cook very slowly in gentle oven until half an hour before serving, then let the heat into the oven and brown quickly. Baste often and add water as needed.

Rich Parsnips—Boil half a dozen parsnips with six thin slices of bacon. Allow the water to boil away and then fry down to a rich brown. The bacon gives a fine flavor.

Mrs. E. S. Sacksteder.

Downer's Grove, Ill.

TUESDAY, MARCH THE THIRTIETH.

BREAKFAST.

Stewed dried peaches.
Hominy and cream.
Whitefish fritters.
Bannocks.
Coffee.

LUNCHEON.

Shepherd's pie.
Bread and butter.
Boston cream puffs.
Canned strawberries.
Cocoa.

DINNER.

Savory soup.
Breast of veal baked with tomatoes.
French fried potatoes.
Scalloped parsnips.
Sweet cucumber pickles.
Amber pudding.
Coffee.

Whitefish Fritters—One cup of cold boiled fish, flaked up fine, add to it half a cup of mashed potatoes, half a cup of grated bread crumbs, half a cup of cream, the beaten yolks of two eggs, one-half teaspoon of salt and one-eighth teaspoonful of pepper. Mix all well together, then make into cakes or balls; beat up the whites of two eggs a little, dip the cakes into the whites, then into cracker crumbs and fry a light brown. Garnish with parsley and serve hot. An excellent and appetizing way to utilize "left-overs."

Bannocks—Two teacups of oatmeal or barley meal sifted with two teaspoons baking powder; add to two beaten eggs one

tablespoon of sugar, one pint of milk, one-half teaspoon of salt, sift in the oatmeal or barley. Bake on a griddle.

Shepherd's Pie—Take one quart of any kind of cold meat, cut it up fine and season with one teaspoon salt and one-quarter teaspoon of pepper. Put the meat into a well-buttered pudding-dish. Thicken a scant pint of gravy or stock with one tablespoon of flour rubbed smooth with half a tablespoon of butter; grate fine one small onion (if flavor is liked), add to the gravy and pour it over the meat while hot. Have ready eight potatoes, pared, boiled and mashed; add to them a half-teaspoonful of salt and a dash of pepper, one tablespoon of butter and two of rich, sweet milk. Beat all well together, then spread the potato thick over the top of the meat. Bake slowly for half an hour, having the potatoes a light brown. Serve hot in the same dish.

Savory Soup—Put a soup bone on the fire in two quarts of cold water, simmer three hours. One-half hour before serving add one-half cup of rice (which has been soaked in cold water until soft), three tablespoons of oatmeal, one teaspoon of salt and one-quarter teaspoon of pepper. A most delicious and economical soup.

Breast of Veal Baked with Tomatoes—Take a nice breast of veal, wipe it off with a wet cloth, place it in a small dripping-pan and brown it quickly in a hot oven. When the veal is brown season it highly with salt and pepper, then pour one pint of canned tomatoes over it and bake until the veal is well done. Take it up with the tomatoes on the same dish and serve hot. This is a favorite southern way of cooking veal.

Amber Pudding—Into a quart of boiling milk stir a teacup of cornmeal and a quart of sliced sweet apples; add a half-teaspoon of salt and a teacup of molasses. Mix thoroughly. Add two quarts of milk; pour into a large buttered dish and bake in a slow oven four hours. When cold a clear, amber-colored jelly will have formed throughout the pudding and the apples will be of a rich dark brown. Mrs. J. W. MacGowan.

Farrington, Ill.

WEDNESDAY, MARCH THE THIRTY-FIRST.

BREAKFAST.

Oranges.
Oatmeal, sugar and cream.
Fish balls. Muffins.
Coffee.

LUNCHEON.

Little pigs in blankets.
Bread and butter. Lettuce salad.
Stewed evaporated pears.
Tea.

DINNER.

Split pea soup.
Walled chicken. Stewed tomatoes.
Fruit jelly.
Coffee.

Muffins—One pint sour milk, two eggs, one teaspoonful soda, half teaspoonful salt, flour enough to make a batter that will drop from the spoon. Beat soda into milk, add salt and the eggs well beaten, then the flour. Half fill your well-buttered muffin rings, and bake quickly.

Fruit Jelly—First make plain lemon jelly, adding sugar according to the fruit to be used. When beginning to set add one orange, one banana and two or three figs cut in small pieces. Serve plain or with whipped cream. Mrs. W. Willmarth.

No. 415 46th Street, Chicago, Ill.

THURSDAY, APRIL THE FIRST.

BREAKFAST.

Oranges.
Oatmeal, sugar and cream.
Ham paté. Potatoes à la crême.
Proverbs. Coffee.

LUNCHEON.

Creamed fish. White potatoes.
Brown bread. New England fire cakes.
Tea.

DINNER.

Mock bisque soup.
Yankee pot pie. Beets.
Baked corn. Cake pudding.
Coffee.

Proverbs—One cup sweet milk, one egg, two cups of flour, one teaspoonful of good baking powder, a saltspoonful of salt. Beat together thoroughly. Fill gem or patty pans and bake in a hot oven. Good.

White Potatoes—Boil and peel six potatoes; cut them in halves and lay in a vegetable dish. Have ready a sauce like the following: Put in a saucepan one cup of milk, stir in carefully one scant tablespoonful of melted butter and two chopped hard-boiled eggs, one saltspoonful of salt and a shake of pepper. Heat together thoroughly and pour all over the potatoes. Serve hot.

Brown Bread—One even cup of Indian meal, two heaping cups rye meal, one teaspoonful of salt, one small teaspoonful of soda, one cup of molasses. Mix very thoroughly together the meal, salt and soda. Add one pint of hot water to the molasses and stir. Pour the molasses and water into the middle of the meal and stir till a smooth batter. Put in a buttered tin, cover tightly and set over a kettle of hot water and steam three hours. Then set in the oven for ten minutes.

New England Fire Cakes—Make a pie crust not quite as rich as for puff paste. Cut off small pieces and roll out to about the size of a breakfast plate and as nearly round as possible. Have a griddle over the fire. Grease and place one cake on it and bake a nice brown. Turn it when done on one side and brown nicely on the other. When done put on a plate and butter it well. Spread a layer of preserved strawberries or raspberries on it. Have ready another cake and bake. Pile one upon the other and butter and spread layers of preserves until all the pastry you have made is cooked. Serve quite hot. Cut down through all the layers. It is an old-fashioned New England cake and in olden times was cooked in iron spiders propped up before the kitchen fire; hence its name. It is a very nice shortcake to be eaten hot for luncheon or supper.

Beets—Wash and put them on to boil. An inch of the stalk should be left on to prevent their "bleeding." The time for boiling depends on the age of the beets. When young one hour is sufficient; when older several hours are required to make them tender. When done skin them and slice them, then season with salt, pepper and a little butter and enough vinegar to nearly cover.

Baked Corn—One can of corn. Add one cup of boiling milk, two tablespoonfuls of butter, one teaspoonful of salt and one-fourth teaspoonful of pepper. Put in a baking-dish, dot over small bits of butter and bake in a moderate oven three-quarters of an hour.

Cake Pudding—Take six thin, stale pieces of cake, spread them sparingly with currant jelly. Blanch two dozen almonds and split them; stick them in the cake and lay the pieces of cake in a shallow dish or small platter. Make a soft custard of one large coffeecup of milk, one egg, two tablespoonfuls of sugar, one-half teaspoonful of vanilla. Pour over the cake and serve.

Miss Helen Brown.

Hudson Mich., Box 1042.

FRIDAY, APRIL THE SECOND.

MENU FOR LENT.

BREAKFAST.

Jellied apples.
Codfish balls. Soft corn-bread.
Coffee.

LUNCHEON.

"Something for luncheon."
Banana cream. Fruit cookies.
Dutch cocoa.

DINNER.

Creamed salmon.
Potato puffs. Onion pie.
Apple salad. Crisped crackers.
Chocolate meringue. French coffee.

Jellied Apples—Cut seven or eight tart apples in halves, core and set in baking-pan, cored side up; pour over one and one-half cups of cold water and three small cups of sugar, cover closely and let boil gently for half an hour; remove cover, set in oven and bake brown. Use cold.

Soft Corn-Bread—Half a pint of cornmeal, half a pint of sour milk, a saltspoon of soda, half a pint of sweet milk, tablespoonful of melted butter, pinch of salt, two well-beaten eggs. Bake in deep dish.

"Something for Luncheon"—Break a quarter of a pound of cheese into small bits and pound to a smooth paste with two tablespoonfuls of butter, the yolks of two eggs, one teaspoonful of mustard, a very little cayenne and a small half teaspoonful of salt. Toast six slices of bread, spread with the mixture, put in hot oven for five minutes. Serve at once.

Banana Cream—Peel five large bananas and rub them smooth with five tablespoonfuls of white sugar; beat one-half pint of cream to a stiff froth, add the pounded fruit and a tablespoonful of lemon juice. Mix and add half an ounce of Cox's gelatine previously dissolved in enough rich milk to cover it; whisk all together gently and mold. Use with cream and sugar, or alone.

Fruit Cookies—Two cups of brown sugar, one cup of butter, one and one-half cups of seeded raisins, three tablespoonfuls of sour milk, one-quarter teaspoonful soda, one tablespoonful of cinnamon, one small nutmeg grated, two eggs, three and one-half cups of flour. Drop on pan to bake in moderate oven.

Dutch Cocoa—Scald one quart of milk. Mix two heaping tablespoonfuls of Dutch cocoa, two of sugar and a pinch of salt. Pour slowly upon this one cup of boiling water; add this mixture to the hot milk, mill or beat with egg-beater for two minutes and serve.

Creamed Salmon—Drain the fish from a can of salmon and chop fine; grease the bottom of a small baking-dish and put in a layer of bread crumbs, then a layer of fish and so on until a pint of crumbs and the fish have been used, having crumbs last. Pour over all a dressing made of one pint of milk scalded, with two tablespoons of butter, one tablespoon of flour, a level teaspoonful of salt, a liberal sprinkling of pepper. Bake until brown.

Onion Pie—Six onions sliced into a skillet with enough but-

ter and lard to fry; when soft add half a cup of milk and cream, equal quantities, one beaten egg; thicken with a tablespoon of flour mixed smooth in a little cold milk, a half-teaspoonful of salt and a saltspoonful of pepper. Have ready baked a good pie crust in the usual pie plate, fill with onion mixture and set in oven long enough to brown on top. No upper crust. A most excellent German dish.

Apple Salad—Peel and core three nice apples. Cut in small pieces as you would celery for chicken salad. Squeeze the juice of a large lemon over at once to keep from turning dark. Cut up half as much of white celery. When ready to use put together with French salad dressing and serve on lettuce leaves.

Mrs. E. S. Sacksteder.

Downers Grove, Ill.

SATURDAY, APRIL THE THIRD.

BREAKFAST.

Stewed apples. Rice omelet.
Potato balls. Toast.
Coffee.

LUNCHEON.

Halibut on toast. Potato salad.
Dainty berry cakes.
Chocolate.

DINNER.

Julienne soup.
Muttonettes. Potato snow. Mashed turnips.
Orange roley-poley.
Coffee.

Stewed Apples—Pare neatly and cut in halves five large, firm greenings, place in a shallow stewpan, with a little more than half a cup of sugar, a few pieces of lemon and boiling water to cover. Stew slowly until the apples are very tender; remove to a dish carefully, boil the sirup a half hour longer, pour it over the apples and eat cold.

Omelet—Take cupful of cold boiled unseasoned rice, turn over it a cupful of warm milk, add a tablespoonful of butter melted, a half teaspoonful of salt, a dash of pepper; mix well, then add three well-beaten eggs. Put a tablespoonful of butter in a hot frying pan, and when it begins to boil pour in the omelet and set the pan in a hot oven. As soon as it is cooked through fold it double turn on a hot dish and serve at once. Very nice.

Halibut on Toast—Put into boiling salted water one pound of fresh halibut; cook slowly until done; remove from the water and chop it fine, then add half a cup of melted butter, and five eggs well beaten; season with salt and pepper. Place on the fire a thick frying-pan, well greased with a tablespoonful of butter, pour in the fish and eggs and stir one way until the eggs are cooked, but not too hard. Turn over toast dipped in hot salted water.

Berry Cakes—One cup of sugar, two eggs, one cup of milk, two teaspoonfuls baking powder, butter the size of an egg, and two cups of flour. In this batter stir a pint bowl of canned berries with the juice poured off, and bake in a quick oven in muffin rings. Serve while warm with butter.

Muttonettes—Purchase mutton cut from the leg in slices about half an inch thick. On each slice lay a large tablespoonful of stuffing, made with bread crumbs, a beaten egg, butter, salt, pepper, sage and summer savory. Roll up the slices, pinning with small wooden toothpicks to keep the dressing in. Put a little butter and water in a baking-pan with the mutton and cook in hot oven three-quarters of an hour. Baste often, and when done thicken the gravy, pour over the meat, garnish with parsley and serve on hot platter.

Mrs. Marion C. Wilson.

No. 6407 Lexington Avenue, Chicago.

SUNDAY, APRIL THE FOURTH.

BREAKFAST.

Oranges.
Crushed wheat and cream.
Baked halibut steaks. Potato Lyonnaise.
Pauline muffins. Coffee.

LUNCHEON.

Lobster salad. Bread and butter.
Delicate cake. Chocolate cream.
Almond milk.

DINNER.

Duchess soup.
Steamed chicken. Baked sweet potatoes.
Radishes. Bread and butter.
Creamed apple tart. Tea.

Baked Halibut Steaks—Trim the steaks, lay them in a roasting pan, and for two pounds use one cup of cream, one teaspoon of flour, one tablespoon of butter, one teaspoon of salt and one saltspoon of pepper. Dredge the steaks with the flour, add the seasoning and dot with the butter; then pour over the cream and bake fifteen minutes in a quick oven. These are delicious.

Pauline Muffins—One pint flour, one pint milk, two eggs, one tablespoon sugar, one tablespoon butter, two teaspoons baking powder, one-half teaspoon salt. Mix and sift together the flour, baking powder and salt, rub the butter and sugar, then mix the flour with it to a cream; add the eggs and beat until smooth. Then pour in the milk and beat rapidly until very light. Pour into buttered muffin rings and bake in a quick oven.

Delicate Cake—One and one-half cups of sugar, one-half cup butter, beat to a cream; then add the well-beaten whites of six eggs and one-half cup milk, one and one-half cups flour, one-half cup cornstarch and two teaspoons baking powder. Sift flour, cornstarch and baking powder together. Beat thoroughly, flavor with one-half teaspoon of almond and bake in moderate oven. Sufficient for three days.

Chocolate Cream—Soak one-half box of gelatine in one-half cup of cold water one hour. Add to the same one-half cup grated chocolate, one-half pound of white sugar and one pint milk; stir all together and boil five minutes by placing the vessel in another of boiling water, then add one-half pint of rich cream; boil one minute. Flavor with one teaspoon of extract of vanilla and pour into molds to cool. The mold should be wet with cold water, as the jelly slips out easier. Sufficient for two meals and should be kept cool.

Almond Milk—Almond milk is a delicious beverage, but it does not keep long and should be made a short time before it is needed. Take three dozen fresh almonds, blanch by pouring boiling water over them and removing the skins; then pound to a paste; add one gill of boiling water, strain, and then add one quart of cold water and one-half cup sugar. Set on the ice until ready for use.

Duchess Soup—One quart of milk, two onions, three eggs, two tablespoons of butter, two of flour, one-half teaspoon salt, one saltspoon pepper and two tablespoons grated cheese. Put the milk on to boil. Fry the butter and onions together for eighteen minutes; then add the dry flour and cook two minutes longer, being careful not to burn. Blend with the milk, and cook ten minutes. Rub through a strainer, and return to the fire. Now add the cheese, salt and pepper. Beat the eggs, dilute with two tablespoons of the soup, strain, and pour slowly into the soup, stirring it briskly. It must not boil again, but should stand hot for three minutes.

Steamed Chicken—Wipe very dry after cleaning. Rub one teaspoon salt, one saltspoon pepper and two tablespoons butter in the cavity of the body; fill it with oysters seasoned with a

saltspoon salt, one-half saltspoon pepper and one of celery salt. Tie the legs and wings close to the body, and lay in as small a dish as will hold it, set in a steamer and steam four hours. Meantime cook a pint of chopped celery till it will rub through a purée sieve. Make a pint of white sauce with the liquor of the oysters, add the celery to it and pour it over the fowl on the platter. Garnish with curly parsley.

Creamed Apple Tart—Line a small deep pudding dish with pastry, pack in one and one-half pints of cut apples with three-fourths cup brown sugar and grated rind and juice of one lemon. Cover and bake till well done. Lift the crust and pour in one pint of whipped cream. Do not return the upper crust, but set aside and serve when ice cold. Miss Birdie Stenson.

No. 6 Liberty Street, Janesville, Wis.

MONDAY, APRIL THE FIFTH.

BREAKFAST.

Oranges. Germea.
Eggs, New York style. Sweet muffins.
Coffee.

LUNCHEON.

Banked salmon. Radishes.
White and graham bread.
Stewed dried pears. Ginger bread.
Tea.

DINNER.

Purée of chicken and rice.
Round roast of beef with gravy.
Browned potatoes. Tomatoes (canned).
Blanc mange with caramel sauce.

Germea—Bring to briskly boiling point one quart of water and add one level teaspoon of salt. Pour slowly into water one cup of germea. Stir thoroughly while it cooks from three to five minutes. Serve with cream and sugar. Wheaten "foods" are difficult to prepare free from lumps; to avoid these remember the following rules:

Water must be at a bubbling, frothing heat.

"Food must be added to water in very small quantities, and each addition must be thoroughly absorbed before adding more of the 'food'."

Eggs, New York Style—Boil six eggs one-half hour, drop into cold water, shell and quarter. Place in buttered baking-dish holding about three pints. Prepare a white sauce as follows: Heat

one pint milk, melt in a saucepan one tablespoon butter, stir into the butter two tablespoons (rounded) flour, add one-quarter of the hot milk and stir vigorously till the mixture is a smooth paste. The remainder of the milk may be added at three separate times, stirring in each addition till it is smoothly blended. Season with one-half teaspoon salt and one-quarter teaspoon white pepper. Chop two large cold boiled seasoned onions; stir onions into the sauce and pour over the eggs. Sprinkle over the top one-half cup cracker crumbs, moistened with one tablespoon melted butter, add two tablespoons grated cheese for a top layer and bake in a hot oven about fifteen or twenty minutes until crumbs and cheese are slightly brown.

Sweet Muffins—One-half cup butter rubbed to a cream. One-half cup sugar stirred into the butter. Add two well-beaten eggs. Stir and mix thoroughly. Add one cup sweet milk and three and three-quarter cups winter wheat flour. Three rounded teaspoons baking powder should be sifted into the flour after measuring, and the flour and baking powder sifted together into the muffin mixture. Bake in gem pans about twenty-five minutes.

Banked Salmon—Place a can of salmon after opening in hot water. Let it remain until heated through. Peel and quarter about six large potatoes. When boiled, add one tablespoon butter, one teaspoon salt, half a saltspoon pepper and milk or cream to moisten. Mash and beat with a fork till light and creamy. While potatoes are boiling prepare a white sauce like that given above for the eggs. Drain the liquor from the salmon, break it into flakes with a fork and arrange in the middle of a platter. Heap the hot mashed potatoes around the salmon and pour over all the white sauce. Garnish edges of platter with bits of parsley.

Stewed Dried Pears—One-half pound of pears. Wash well and separate carefully. Soak over night in three pints of clear, soft water. In the morning place them on to boil in this same water. Boil till pears are tender. Lift them out carefully and add to the water in which they were boiled one-half cup of granulated sugar. Cook to a thick, rich sirup. Pour over pears and serve when cold. All dried fruits are very good when cooked in this way.

Sponge Gingerbread—One cup sour milk, one cup dark, strong molasses, one-half cup butter, one-half cup sugar, one egg, one teaspoon soda, one tablespoon ginger, two heaping cups winter wheat flour (if patent flour is used make the cups even). Warm butter, molasses and ginger together, add milk, flour, eggs and soda (also a pinch of salt) and bake immediately.

Purée of Chicken and Rice—One cup cold chicken cut in small pieces, one cup cold boiled rice, well mashed; place chicken in a soup kettle, with a tablespoonful butter or drippings, and fry till brown; sift in two tablespoonfuls dry flour; when flour is brown add rice and two quarts boiling water; season with one heaping teaspoonful salt and four pepper corns and one-half saltspoon pepper. Cook slowly several hours until meat and rice

are tender enough to rub through a colander; return pulp to kettle; if thicker than thick cream add more boiling water. Serve hot.

Roast from the Round—A slice three inches thick from the best part of the top of the round; dredge with salt, pepper and flour; place in a hot oven with one-half pint hot water and one tablespoonful butter or good drippings in the pan; baste often and bake about an hour, as this roast is not good if too well done.

Gravy—Pour into the pan, after removing the roast, one pint hot water or stock; melt in a saucepan a tablespoonful butter or good drippings, and when browned stir in two heaping tablespoonfuls flour; stir until the flour is brown and well mixed with the butter; add, a little at a time, the hot liquid from the roasting-pan and stir in till it is smooth and thick; season with salt and pepper to taste. Strain and serve.

Browned Potatoes—Pare six or eight potatoes of medium size. Leave them whole and place in cold water for an hour. Boil until almost done. Drain and when they are quite dry drop into hot fat and brown like doughnuts. Serve at once, well sprinkled with salt. This is an excellent way to prepare potatoes so late in the season.

Blanc Mange—One quart of milk (reserving three tablespoons with which to mix three tablespoons corn starch) with a pinch of salt and five tablespoons sugar. When milk is hot pour in the mixed corn starch and stir until it is a thick batter. Pour this on the well beaten whites of four eggs and stir carefully. Pour into frappé glasses, only enough to half fill them. Serve when cold with the caramel sauce.

Caramel Sauce—Mix two cups of sugar with two tablespoons of water in a saucepan. Stir till it becomes a dark brown color. Add two cups of boiling water cautiously as it hisses and sputters. Cook gently for ten minutes longer. Let it cool and serve in a small pitcher, pouring it over the blanc mange as it is in the little frappé cups. **Mary Deming.**

No. 141 Scoville Avenue, Oak Park, Ill.

TUESDAY, APRIL THE SIXTH.

BREAKFAST.

Oranges.
Wheat griddle cakes.
Baked eggs. Crullers.
Coffee.

LUNCHEON.

Chipped beef. Potato dice.
Bread and butter.
Cornstarch puffs. Marmalade.
Tea.

DINNER.

Potato soup.
Veal potpie. Spinach.
Mock snow pudding.
Coffee.

Wheat Griddle Cakes—One pint of flour, one-quarter teaspoonful of salt, one teaspoonful of soda, one pint of sour milk, scant measure, and two eggs. Crush, measure and sift the soda and salt in the flour; mix thoroughly; add the milk, and beat well, then the beaten yolks, and lastly the whites beaten to a stiff froth. Bake on a hot, well-greased griddle. This recipe can be varied by using one-half or one-third fine cornmeal or graham flour.

Crullers—One cupful of sugar, one tablespoonful of butter, two eggs, one cupful of rich milk, three cupfuls of flour mixed with two teaspoonfuls of baking powder, one small level teaspoonful of salt; use flour enough to roll; cut in two-inch squares, and cut each square in "slashes"; fry in hot lard. When cool roll in fine sugar. This recipe will make enough for five or six breakfasts.

Chipped Beef—Take one-half pound of finely shaved dried beef; put in a saucepan and add enough cold water to cover it. When scalding hot (boiling toughens it) drain off the water, add one large tablespoonful of butter, and a slight sprinkling of pepper; let it simmer gently for ten minutes. When ready to serve add three or four tablespoonfuls of cream. This will be found a pleasant change from the thickened gravy with which it is usually served.

Potato Dice—Pare and cut into dice-shape five medium-size potatoes; put into a saucepan with enough hot water to cover, and one-half teaspoon of salt; cook till tender, drain and pour over them two or three tablespoonfuls of melted butter and serve at once.

Cornstarch Puffs—One cupful of pulverized sugar, one-half cupful of butter, one cupful of cornstarch, two teaspoonfuls of baking powder, one teaspoonful of vanilla, four eggs. Rub the butter and sugar to a cream, add the beaten yolks of the eggs; beat the whites of the eggs very stiff and add alternately with the cornstarch and baking powder mixed. Bake in well-greased gem tins, which should be heated before putting the batter in. Bake in a rather quick oven. When cool frost. This recipe will make twenty puffs, and they will keep several days.

Veal Potpie—Three pounds of veal, rinse thoroughly, put in kettle and cover with boiling water; add one heaping teaspoonful of salt, and remove the scum as it rises; then add one large spoonful of butter and a saltspoonful of pepper; when nearly done lay six or eight medium-size pared potatoes on the meat; make a batter of one and a half pints of flour, two teaspoonfuls of bak-

ing powder, a saltspoon of salt and one cupful of sweet milk; drop a spoonful at a time either on the meat or in the steamer placed over the kettle. Do not remove the cover for thirty minutes, for if the air strikes them they will "fall." Take up the meat, potatoes and "dumplings" on a large platter; wet two tablespoons of flour in a little cold water, rub till smooth and stir in the broth; add another tablespoonful of butter and cook till it thickens, then pour over the potpie.

Mock Snow Pudding—Three tablespoons of cornstarch wet with enough cold water to dissolve it and a pinch of salt; pour over this one pint of boiling water; cook five minutes, stirring constantly; add the whites of three eggs beaten to a stiff froth. Wet a mold in cold water and pour the mixture in. Make a custard of the yolks of the three eggs, one-half a cupful of sugar and one cupful of milk; let it come to a boil, but do not allow it to curdle; flavor. When ready to serve turn the white part out on an ice-cream platter or flat dish and pour the custard around it.

Elkhart, Ind. Mrs. Eugenie K. Meader.

WEDNESDAY, APRIL THE SEVENTH.

BREAKFAST.

Oranges.
Quaker oats, sugar and cream.
Mutton chops, grilled.
Creamed potatoes. Hot corn bread.
Coffee.

LUNCHEON.

Oyster patties. Cucumber pickles.
Bread and butter. Apple jelly.
Cookies of 1812. Chocolate.

DINNER.

Boiled fresh cod with sauce.
Boiled potatoes. Rice cakes.
Cheese salad. Crackers.
Silver pie.

Mutton Chops, Grilled—One and one-quarter pounds of chops. Cut the chops an inch thick, either from the loin or the best end of the neck; if from the latter, the bones must be shortened a little. Remove all superfluous fat, and season each chop by pressing in a mixture of a teaspoonful of salt and a half teaspoonful of pepper, and powdered herbs, if you like them; then dip each chop in warmed butter or dripping and broil on a gridiron over a clear fire from eight to ten minutes, according to thickness. During the process of cooking the chops require to be frequently

turned in order that they may be done equally, and for this purpose use a pair of steak tongs. By inserting any sort of a sharp instrument into meat that is cooking we provide a ready means of escape for the juices which the meat contains, and thus being deprived of its best element it becomes dry and tasteless. When cooked, place each chop, just slightly overlapping its neighbor, upon a hot dish; pour over each a dessertspoonful of hot butter and a tablespoonful of hot catchup and serve immediately.

Creamed Potatoes—At this time of year one is apt to have a quantity of small-sized potatoes, and here is a good way in which to dispose of some of them: Take two dozen small potatoes, allow one pint of milk, one tablespoonful of butter, one and one-half tablespoonfuls of cornstarch, one-half teaspoonful of salt. Moisten the cornstarch in a half-cupful of the milk, place the rest of the milk on the fire, and when scalding hot add the cornstarch mixture. Cook until again scalding hot, set on the back of the fire and add the butter and salt. Have the potatoes, peeled perfectly with no speck of the thin skin to be seen, boiled until tender and drained and sprinkled with salt. Place these in the serving dish, pour over them the cream dressing, dust slightly with pepper and serve at once.

Hot Corn-Bread—One-half pint of buttermilk, one-half pint of sweet milk, one-half teaspoonful of soda, two eggs, three tablespoonfuls of cornmeal, one teaspoonful of salt. Mix the buttermilk, sweet milk and soda together, and when the soda is thoroughly dissolved pour these over the beaten eggs. Add the cornmeal and beat well. Place the pan in which it is to be baked on the stove, with a heaping tablespoonful of lard in it. As soon as this is melted evenly and shaken upon the sides, pour in the batter, put into a quick oven and bake a delicate brown.

Oyster Patties—Make a crust of one cup of flour, one-half cup of lard, one-half cup of very cold water, one-half saltspoonful of salt. Mix lightly together, roll out and line small patty-pans with it. Take one-half pint of milk, a tablespoonful of flour, the same of butter. Dissolve the flour in a little of the milk, and add to the rest of the milk, which has first been heated. Let this become boiling hot, and then stir in a few gratings of nutmeg and a teaspoonful of lemon juice. Lastly, add one-half pint of oysters, salt, and let it boil up once. Then put four oysters and some of the gravy into each patty-pan, cover with crust and bake in a quick oven.

Cookies of 1812—One pint of sugar, one teacup of butter, four eggs, two tablespoons of sweet milk, one-half teaspoon of soda, one teaspoon of cream of tartar, one-half nutmeg, one teaspoon of vanilla, one pint of flour. Roll the sugar (granulated) until quite fine; add the butter and cream them. Stir in the milk gradually, and beat the eggs separately, and then put together and beat again. Add to the mixture butter, sugar and milk, and lastly the flour and soda, which has been dissolved in a little warm water. After these have been well mixed add the nutmeg and vanilla. Beat all well together, and

add enough flour to handle well in rolling and cutting out. Bake in a moderate oven a delicate brown. These keep well.

Boiled Fresh Cod—A good recipe for cod, salmon, shad or any other fresh fish. Let the fish remain in cold water slightly salted for an hour before it is time to cook it. Wrap it then in a clean towel that has been well covered with flour. Fasten the towel closely and put on to boil for half an hour in salted water. Take it up and put on a heated platter and pour the sauce over it.

Fish Sauce—To one teacup of milk add one teacup of water; put it on the fire to scald, and when hot stir in a tablespoon of flour previously wet with cold water. Add two eggs well beaten, a half-teaspoonful of salt, a shake of pepper and a tablespoon of butter. Boil two eggs hard, take off the shells, slice and lay over the fish. Then pour over the sauce and serve.

Rice Cakes—Moisten a large coffee cup of cold boiled rice with enough sweet milk to make a smooth paste, add a tablespoonful of melted butter, a small half-teaspoonful of salt, an even teaspoonful of sugar and a well-beaten egg. Make into balls or cakes and fry in hot lard. These are good with hot meats also.

Cheese Salad—Odd bits of cheese to the amount of a pound, grated, one hard-boiled egg, one teaspoonful of cayenne pepper, one of salt, one of white sugar, one of made mustard, one tablespoonful of vinegar, one of salad oil or melted butter. Rub the yolk of the egg to a paste with the oil or butter, adding in order the salt, pepper, sugar, mustard, and lastly the cheese. Work all well together before putting in the vinegar. These mixtures bear a marvelous resemblance in taste to a deviled crab, and make a very good impromptu relish to eat with crackers and butter. This is still better if you can add a cupful of cold minced chicken.

Silver Pie—Peel and grate one large white potato into a deep plate; add the juice and grated rind of one lemon, the beaten white of one egg, one teacupful of white sugar and one cup of cold water. Stir well together and pour into a nice under-crust and bake. When done have ready the beaten whites of two eggs well beaten, half a teacupful of white sugar and a few drops of lemon, all thoroughly beaten. Put this mixture on the top of the pie evenly and return to the oven to stiffen a few moments. When sent to the table just cold lay a teaspoonful of jelly on the center of each piece, to ornament, if you wish.

Miss Helen Brown.

Hudson, Mich.

THURSDAY, APRIL THE EIGHTH.

BREAKFAST.

Green gages (canned).

Velvet mush, with cream and sugar.

German omelet. Julienne potatoes.

German coffee cake. Coffee.

LUNCHEON.

Jellied whitefish. Radishes.
Rice bread. Ginger ale.
Gentleman's favorite cake.
Orange jelly.

DINNER.

Tomato soup.
Boneless birds. Mashed potatoes.
Succotash. Watermelon pickles.
Lemon pie. Tea.

Velvet Mush—Melt two tablespoonfuls of butter in a porcelain kettle; cook in this two coffeecupfuls of wheat flour until it slips the spoon and the kettle; have five cups of milk ready boiled and add to the flour, one cupful at a time. Let boil between each cupful. Add one teaspoonful of salt; stir thoroughly and serve.

German Omelet—Five eggs, five tablespoonfuls cream or rich milk, six thin slices of bacon, one-half teaspoonful fine-chopped parsley. Beat the eggs and cream together and put in the parsley. Let the bacon simmer in boiling water for five minutes. Put a piece of butter in the frying-pan, the size of a hickory nut; let brown; then pour in a thin layer of the egg batter; now lay on the bacon and pour in remainder of batter. Must be fried over slow hard-coal fire. When it begins to stiffen then turn, which can be done successfully this way: Put tiny pieces of butter on a lid which fits the spider; press lid against spider and turn; then slide back in the pan and brown on the other side.

German Coffee Cake—Set a sponge with one pint lukewarm milk, a two-cent cake of yeast, a half teaspoonful of salt and half a pound of flour. Let rise by the stove for two hours, then stir in half cup of melted butter, one cup of raisins, one-quarter of a cup of finely cut citron, one cup of sugar, three eggs. Knead in enough flour to make a stiff dough—about one pound—then part the dough in three even pieces, roll them out separately, long and thin, then braid together and form round in the pan. Let rise again and bake a good half-hour. Frost. Sufficient for two meals.

Gentleman's Favorite Cake—Beat three egg yolks with half-cup butter and two cups sugar; then add one cup water with half a teaspoonful soda dissolved in it, two cups of flour with one teaspoonful of cream of tartar, and last the whipped whites. Bake in layers. Filling: One egg, one cup of sugar, three grated apples, juice and grated rind of one lemon; stir over the fire till it boils and gets thick; let cool and put between layers. Shake powdered sugar over cake when served.

Jellied Whitefish—Two pounds whitefish boiled in one and three-quarters quarts of water seasoned with two teaspoonfuls

salt, one gill vinegar, four bay leaves, one tablespoonful of whole pepper and cloves. When tender take the fish out, strain the soup and return to the fire, with the white of an egg to clear it; remove from fire; add the juice of a lemon and two ounces of gelatine, first dissolved in water. Then strain again, and when cool, but not cold, pour over the fish. Turn on a platter when served and garnish with parsley. Enough for two meals.

Rice Bread—Quarter pound of rice, two pounds of flour, one-half tablespoonful salt, one cake of yeast, one pint lukewarm water. Sew rice in a sack, but leave sufficient room to let it swell; put the sack in boiling water and let cook for three hours. Dissolve yeast and salt in water, mix with rice and knead in two pounds of flour. Let rise, then put in bread pans and treat as common wheat bread. Very healthy.

Ginger Ale—One and three-quarters pounds sugar, one and one-half ounces whole ginger, two and one-half ounces cream tartar, one lemon sliced, seven quarts boiling water, 2-cents yeast. Put sugar and spices in a stone jar, pour over the boiling water and let stand twenty-four hours in a cool place covered. Then put yeast in, dissolve in lukewarm water, and let stand again twenty-four hours, then fill in bottles, cork well, and after three days it is ready to serve.

Orange Jelly—Dissolve one ounce of gelatine in half a pint of water, mix in one quart of boiling water, three cups of sugar, the juice of three lemons. When well dissolved, squeeze in the juice from eight oranges, then strain and put away to cool. Meant for two desserts.

Boneless Birds—For this use round steak sliced thin. Cut in pieces about three to four inches wide and five to six inches long. Sprinkle salt and pepper on one side; put in a narrow piece of bacon, two inches long and one-half an inch wide, a piece of carrot same size; now roll the meat like a thick sausage, get the shape of a bird without head or feet as much as you can, and wind around with string, then rub with allspice, salt and pepper and roll in flour. Brown well in butter in which you have grated an onion, then add stock or boiling water until covered, cook slowly for two hours, then take out the birds, strain gravy and thicken with one teaspoonful of flour made smooth in a little water, add a pinch of salt. Should the stock or water steam away while cooking more must be added—but always boiling hot.

Succotash—Half a pound of lima beans soaked six hours; cook till tender; add one can of corn, one teaspoonful of salt, one piece of butter size of walnut; bring to boil and serve.

Mrs. John J. Planett.

No. 59 West 41st Street, Chicago.

FRIDAY, APRIL THE NINTH.

BREAKFAST.

Fruit.
Quaker oats, cream and sugar.
Cream hash. Sweet potato croquettes.
Bread puffs. Coffee.

LUNCHEON.

Veal loaf. Sliced tomatoes.
Bread and butter.
Swedish cake. Iced apples.
Ceylon tea.

DINNER.

Turtle bean soup.
Turbot à la crême. Steamed potatoes.
Parsnips served in cream. Pickles.
White bread.
Simple fruit pudding.
Coffee or tea.

Cream Hash—Chop mutton, veal or beef as fine as for hash and as much as is needed. Fry for a few minutes in salt pork drippings. Take from the fire and in the same frying-pan make a rich cream gravy, if cream is a possibility; if not, use milk, thickening it with cornstarch and adding a generous lump of butter. Pour half of the gravy into a pan over the fire, thin it with hot water, dip in it slices of well-browned toast, lay the moistened toast upon a flat dish and set in a warm place. Into the thick cream gravy put the minced meat, cook it five minutes, then spread it upon the toast. Delicious.

Sweet Potato Croquettes—For eight croquettes use one-half cupful hot milk, two tablespoonfuls butter, one-half teaspoonful salt, two eggs, enough boiled sweet potato to make a pint; bread crumbs. When the potatoes have been mashed smooth and light, beat into them the hot milk, and then the salt and butter; next beat one egg until light, and beat this into the mixture, which should be shaped into croquettes; beat the second egg in a soup plate; cover croquettes with egg, and roll them in bread crumbs; fry in fat till they turn brown. Serve at once.

Bread Puffs—If the wheat bread is light enough at breakfast time, have ready some hot lard; pull up some of the dough and cut in pieces two inches in length and drop in the hot fat and fry like doughnuts. To be eaten as biscuits or with sauce.

Swedish Cake—Cream one-half cup of butter, slowly add one cup of sugar, one-half cup of milk, the beaten yolks of two eggs, the beaten whites. Sift in one heaping cup of flour, one teaspoon-

ful baking powder and one tablespoonful cinnamon. Bake in a moderate oven in patty tins.

Iced Apples—Pare and core one dozen large apples, fill with sugar and a little butter and nutmeg, bake until nearly done, let cool, and remove to another plate, if it can be done without breaking them (if not, pour off the juice). Ice tops and sides with caking-ice and brown lightly. Serve with cream.

Turtle Bean Soup—Soak one pint of black beans over night, then put them into three quarts of water with beef bones or a small piece of lean salt pork; boil three or four hours, strain, season with salt, pepper, cloves and lemon juice. Put in a few slices of lemon, and if wished add slices of hard-boiled eggs. Serve with toasted bread cut into dice and placed in the tureen.

Simple Fruit Pudding—Stew currants or any small fruits, fresh or dried, with sugar to taste, and pour hot over thin slices of bakers' bread with crust cut off, making alternate layers of fruit and bread and leaving a thick layer of fruit for the last. Put on top a plate and bake in a moderate oven, and when cool set on ice. Serve with sifted sugar or with cream and sugar.

Miss Idelle Jennings.

Box 433, Monroe, Wis.

SATURDAY, APRIL THE TENTH.

BREAKFAST.

Oranges.
Wheatall with cream.
Rissoles. Potatoes fried.
Hot cross buns. Coffee.

LUNCHEON.

Escalloped oysters. Chile sauce.
Bread and butter. Fruit salad.
Chocolat Menier.

DINNER.

Mock bisque.
Roast mutton. Roast potatoes.
French peas. Lettuce salad.
Orange pudding. Tea.

Rissoles—Mince one pound of beef, boiled or roasted; add two onions finely chopped. Grate in the rind of half a lemon and four ounces of bread, season plentifully with salt and pepper. Thoroughly mix, then stir in one or two well-beaten eggs. Form the mixture into balls, dip in egg and sprinkle with crust of bread and fry in boiling fat until a golden shade.

Hot Cross Buns—Rub a quarter of a pound of butter into two pounds of flour and add a pinch of salt. Into a glass of fresh yeast stir a pint of warm milk and gradually stir this into the flour till it forms a light batter. Cover over and allow it to rise, then work into it by means of a wooden spoon half a pound of sugar, half a nutmeg grated, half a pound of currants, one egg and half a teaspoonful of allspice. Knead well, cover again and allow it to stand until perfectly spongy. Then knead into buns, cut a cross on top, let rise until light, cover with clarified sugar and bake twenty minutes.

Escalloped Oysters—One quart of oysters and one quart cracker crumbs; season the crumbs with a pinch of pepper and one level teaspoonful of salt, and dip the oysters therein. Add one and a half pints of milk and stir the whole together with three teaspoonfuls of butter; strew a little powdered cracker and bits of butter over the top. Bake an hour.

Orange Pudding—One cup of sugar, one-half cup of rolled crackers, two eggs, one-half teaspoonful of butter, one orange, grate the rind and squeeze the juice, one quart of milk. Bake like custard and serve when cold. Mrs. Mary Hill.

No. 6744 Calumet Avenue, Chicago.

SUNDAY, APRIL THE ELEVENTH.

AN EASTER MENU.

BREAKFAST.

Bananas.
Wheatall, sugar and cream.
Perfection omelet. Baked potatoes.
Radishes.
Rice waffles. Maple sirup.
Coffee.

DINNER.

Bouillon en tasse.
Chicken pie. Cranberry jelly.
Oyster plant croquettes. Potato balls.
Easter trifle.
Clover club cheese. Salted wafers.
Coffee.

LATE LUNCHEON.

Salmon salad.
Bread and butter sandwiches.
Easter cake. Sliced oranges.
Vienna chocolate.

Perfection Omelet—Separate yolks and whites of five eggs. Beat yolks very light, add one small half-teaspoonful salt, one-sixth teaspoonful pepper, one teaspoonful parsley chopped very fine, two tablespoonfuls milk, two teaspoonfuls finely chopped cold ham and lastly the whites of eggs beaten so stiff you can turn the bowl without their slipping. Pour mixture in well-buttered, hot frying-pan. Allow it to remain on top of stove one minute, then cover and place in hot oven for four minutes. Remove the cover, fold omelet over with cake turner and serve immediately on hot platter garnished with parsley.

Rice Waffles—One-half cup of cornmeal and one-half cup of flour sifted with one teaspoonful of baking powder and one teaspoonful of salt. Add one cup of cold boiled rice, one cup of milk, one tablespoonful of melted butter and two eggs thoroughly beaten. Beat the mixture well before baking and see that your waffle-irons are hot and well greased.

Bouillon—This, as well as the chicken pie and the Easter trifle, should be made on Saturday. Two pounds of beef from the middle of the round, a small beef-bone, two quarts cold water, one teaspoonful salt, four peppercorns, four cloves, one tablespoonful chopped parsley, a slice of onion and half a carrot. Wipe and cut the meat into small pieces, add the water and heat slowly; when near the boiling point skim it, taking care the scum does not break. After the scum is off throw in a wine glass of cold water; when it is once again near boiling skim again; repeat the cold water and skimming twice, then add the seasoning and let boil slowly for four hours. It will boil down to three pints; strain and set aside. When ready for use remove the fat from top, heat to boiling point and serve in cups. The quantity is sufficient for two meals.

Chicken Pie—Put the neck, gizzard and heart of a chicken in a pint of cold water with a small teaspoonful of salt, slice of onion and small piece of carrot. Let them stew slowly until there is not more than half a cup of liquid, which strain and put aside. Cut half a pound of veal cutlet into small pieces and lay on the bottom of a two-quart baking dish; sprinkle over it a scant saltspoonful of salt and half as much pepper; shave sweet salt pork and add a thin layer of that; cut the chicken into small joints, sprinkling each with salt and pepper, and lay it in, piling always toward the center. Then drop into the pan wherever there is a chink forcemeat balls made in this way: Into a cup of fine bread crumbs, mixed with a heaping teaspoonful of chopped parsley, cut a heaping teaspoonful of butter, and moisten with an egg mixed with a little cold water; add saltspoonful of salt and half the quantity of pepper and make into little round balls. For puff paste for crust, chop together two-thirds of a cup of butter, one and one-half cups of flour sifted with half a teaspoonful of salt, mix with scant cup of cold water, roll out into crust half an inch thick. Cut strips two inches broad, wet the edges of the dish and lay the strips around. Lay on the paste for top crust, pressing it to the outer strips; trim round with sharp knife, make good-

sized hole in center, ornament with twisted paste; brush all over with white of egg (not the edges, or they will not rise) and bake an hour and a half in a steady oven. Before it is cold pour the gravy made from giblets through the hole in the top, using a funnel for the purpose. This pie is excellent cold, but if you prefer it hot, place it in moderate oven for a half hour, laying a paper over to protect crust. By the addition of a half pint of oysters "plumped" in their liquor the remainder of the pie will serve for a second day's dinner.

Oyster-Plant Croquettes—Wash, scrape and boil one bunch of oyster plant until tender, rub through a colander, mix into a smooth paste with a tablespoonful of butter, one of cream, saltspoonful of salt, half the quantity of pepper, and a teaspoonful of lemon juice. When the paste is cold, form into small rolls, dip in beaten egg and grated bread crumbs and fry in hot fat till crisp and brown.

Easter Trifles—This dainty dish is not only delicious to eat, but charming to look at, representing a nest with Easter eggs. Soak a half-box of Knox's gelatine in a half-cup of cold water a half-hour. Boil two cups of milk and add to the gelatine, with two level tablespoonfuls of sugar and a teaspoonful of vanilla. Allow it to cool until it thickens, then add a cup of cream, whipped very stiff. Wash six eggs, make a hole inside of shell near the large end, pour out the whites into a bowl, break up the yolks with a skewer and pour into another bowl ready to be used for cake. Wash inside of shells clean and drain them, set them with the hole up in a box of salt (or anything that will hold them level), pour the blanc-mange in slowly through a funnel and set in a cold place to harden. Soak the other half-box of gelatine together with half the package of rose coloring matter found in each box in a half-cup of cold water five minutes; add a cup of sugar and pour over gelatine and sugar a cup of boiling water, add the juice of two lemons with sufficient water to make a cup of liquid. When cool (not cold) pour into a round glass dish with a coffee cup inverted in center, set away to harden. When ready to serve remove the coffee cup, place small strips of candied lemon peel on sides and top of the jelly nest to represent straws, then break the egg shells carefully and place eggs in the nest, adding a flake of whipped cream here and there to simulate feathers.

Salmon Salad—Remove skin, oil and bones carefully from a half can of salmon; squeeze over it juice of small lemon and set away to get thoroughly chilled. When ready to serve add as much coarsely cut celery as fish, a dozen English walnut meats broken in small pieces, three small cucumber pickles finely cut and a half dozen olives cut in pieces. Pour over a home-made salad dressing and mix with silver fork, breaking salmon as little as possible.

Easter Cake—Cream together one cup of sugar and a half cup of butter, add yolks of four eggs and a half cup of milk. Then stir in gradually two and a half cups of flour sifted with two

teaspoonfuls of baking powder. Add a teaspoonful of lemon juice and stir in lightly the whites of four eggs beaten very stiff. Bake in four layers and fill with the following: The grated rind of one and the juice of two lemons, one cupful of sugar, one egg, one-half cupful of water, one teaspoonful of butter and a heaping tablespoonful of flour cooked over hot water till it thickens; cool before spreading. Ice the top with boiled frosting and decorate with rings of candied cherries, alternating with seeded raisins and small pieces of citron. Mrs. G. A. Chapman.

No. 1151 Jackson boulevard, Chicago.

MONDAY, APRIL THE TWELFTH.

BREAKFAST.

Wheatall with cream and sugar.
Bacon and eggs. Dry toast.
Coffee.

LUNCHEON.

Potato salad with Frankfurt sausage.
Bread and butter.
Steamed sponge cake with jam.
Tea.

DINNER.

Veal, French style.
Browned mashed potatoes. Tomatoes (canned).
Suet fruit pudding, cream sauce.
Tea.

Potato Salad—Boil six large potatoes with their skins on. Peel while hot, cut into slices one-eighth of an inch thick, sprinkle one heaping teaspoonful of salt over them, also a salt-spoon of pepper, add two or three good-sized onions, chopped fine. Take a good-sized slice of bacon (about two ounces), cut into small squares and fry them a crisp and golden brown. Add to this one-half cup of good cider vinegar and pour immediately over the other ingredients. Mix with a salad fork and spoon lightly to prevent breaking the potatoes. Three tablespoons of olive oil may be substituted for bacon if preferred. This salad may be served warm or cold. Put one pound of Frankfurt sausages in stew pan, add sufficient boiling water to cover them, boil briskly five minutes. Put potato salad on a platter and arrange sausage all around. Serve while sausage is smoking hot. Any made mustard goes well with this.

Slice stale pieces of sponge cake, lay them on a cloth in a steamer, steam fifteen or twenty minutes, spread with any pre-

ferred jam as soon as taken from the steamer. Serve while warm.

Veal, French Style—Get two pounds of stewing veal, a piece of shank is nice, wash and clean it carefully; put one good-sized tablespoonful of half butter and half dripping into your skillet; when quite hot add your veal, cut into nice pieces, cover and let brown slowly; when a golden brown on one side turn each piece and brown the other; add two small onions chopped very fine, one rounded teaspoon of salt, one saltspoon of pepper, stir all until onions are slightly brown, then add boiling water enough to cover veal; now add two tablespoons of vinegar, one bay leaf, let simmer slowly on back of the stove one hour or until veal can be easily pierced with a fork. See that the liquid doesn't more than half boil away; if it should add a little more hot water. Just before serving dissolve one tablespoon of cornstarch in a little cold water and stir it in; let boil until clear and serve at once.

Browned Mashed Potatoes—Peel and boil six large potatoes in salted water; when done mash them fine, add butter size of a small egg, half a cup of milk or cream, beat thoroughly with a large spoon. Butter a dish, put in potatoes evenly and smoothly and bake in a moderate oven until a golden brown; this requires about twenty minutes.

Suet Fruit Pudding—Chop one cup of beef suet very fine; add one cup of New Orleans molasses, one cup of sour milk, three cups of sifted flour, one teaspoon of salt, one even teaspoon of baking soda should be sifted into the flour; last of all, add one-half cup seedless raisins, one-half cup currants or any preferred dried fruit; steam three hours. This is an infallible recipe, sufficient for two meals at least. Will keep as long as you desire. Can be steamed over and be as good as fresh on short notice.

Cream Sauce—Mix one tablespoon of flour into one cup of sugar, rub in butter size of small egg; add one-third of a grated nutmeg, one tablespoon of vinegar, one and one-half cups of boiling water; boil five minutes; serve hot. Any preferred sauce may be substituted. Mrs. L. Helfrich.

No. 7128 Paulina Street, Chicago.

TUESDAY, APRIL THE THIRTEENTH.

BREAKFAST.

Radishes.
Baked oatmeal and cream.
Egg nests on toast.
Indian waffles. Cocoa.

LUNCHEON.

Fish and chives salad. Fried potatoes.
Bread and butter.
Almond velvet cream. Tea.

DINNER.

Brown fricassee of sheep's tongues
Horseradish sauce.
Steamed potatoes. Creamed cabbage.
Bread and butter.
Banana puffs. Coffee.

Baked Oatmeal—The day before using stir two cupfuls of oatmeal with one teaspoonful of salt into four pints of boiling water; boil five minutes; turn into an earthern dish and cover; set the dish in a pan of boiling water; place it in a moderate oven; bake two hours. In the morning again put the dish of oatmeal in a pan of boiling water and place in oven for half an hour. This is the best way of cooking this cereal.

Egg Nests on Toast—Separate the whites and yolks of five eggs, keeping the yolks whole. Beat the whites, with one-quarter teaspoonful of salt, to a stiff froth; heap this froth onto five small slices of toasted bread, which have been buttered and spread with five small tablespoonfuls of chopped ham. Make a depression in the center of each mound; drop the whole yolks in the hollows; place the nests in a moderate oven three minutes; serve on a warm dish.

Indian Waffles—One cupful each of flour and Indian meal, two cupfuls of sour milk, one cupful of sour cream, half-teaspoonful of salt, one teaspoonful of soda, two tablespoonfuls of sugar and two eggs. Have irons very hot; pour a thin layer of the batter into one-half of the iron; drop the other half gently upon the first, then turn the iron over; brown the waffle on both sides. These are delicious if served hot.

Fish and Chives Salad—Free from bone, cut in half inch squares two smoked whitefish; cut in inch lengths one small bunch chives; place in a dish the fish and chives alternately with one-fourth teaspoonful pepper; pour two-thirds cup of hot vinegar over; serve.

Almond Velvet Cream—Two pints milk, three eggs, one-fourth box gelatine, two-thirds cup sugar, one-fourth teaspoonful extract almond. Soak the gelatine in one-half pint of milk one hour; heat one pint of the milk; beat eggs and sugar together, add one-half pint cold milk; pour this mixture into the boiling milk and cook five minutes, then add the gelatine and extract; strain; pour into molds; serve cold with sweetened cream.

Fricassee of Sheep's Tongues—These can be bought for 2 cents each. Put five tongues in boiling water; simmer two hours, after one hour add one teaspoonful of salt. When cold rid them of their roots; cut in two lengthwise; sprinkle with a shake of pepper; roll in flour; fry in butter with two teaspoonfuls parsley.

Horseradish Sauce—Two tablespoonfuls grated horseradish, one-fourth tablespoonful salt, one tablespoonful vinegar, one tablespoonful salad oil, one tablespoonful ground mustard; beat together.

Banana Puffs—Mash two large bananas; add one pint of flour, two teaspoonfuls of baking powder, one-half teaspoonful of salt, two eggs, enough milk to make a batter as for griddle cakes; grease five large cups with butter; fill them half full with the batter; set in a steamer closely covered and steam one hour. Serve warm with sweetened cream. Jessie de Forest.

Janesville, Wis.

WEDNESDAY, APRIL THE FOURTEENTH.

BREAKFAST.

Fruit.
Farina with cream.
Ham quenelle. Boiled eggs.
Hot biscuit. Coffee.

LUNCHEON.

Fried oysters with lemon.
Macaroni croquettes.
Pickles.
Lunch rolls. Hot chocolate.

DINNER.

Broiled beefsteak. Lyonnaise potato.
Radishes.
Cabbage salad on lettuce.
Apple compote. Coffee.

Ham Quenelle (an excellent breakfast dish)—One cupful and a half of boiled ham minced very fine and a cupful and a half of potatoes sliced thin. Arrange the ham and potatoes in alternate layers, seasoning the ham with a pinch of pepper. When the dish is full pour over it a pint of cream sauce made as follows: Melt a tablespoonful of butter in a saucepan, stir in a heaping teaspoonful of flour, add very slowly a pint of rich milk and a pinch of pepper. Let the same boil up once. Pour a heaping tablespoonful of it over two beaten eggs; stir it in and then add the eggs to rest of the sauce. Sprinkle a tablespoonful of bread crumbs over the dish of ham and potatoes after adding the sauce and set it in a hot oven to brown for fifteen minutes. Serve with the flakiest of biscuit, the best of coffee, the freshest of boiled eggs and you have an ideal rural breakfast.

Fried Oyster with Lemon—Take forty large oysters, drain them in a tea towel until nearly dry, dip each one in seasoned cracker or bread crumbs, drop in frying-pan of hot lard, enough to cover them, and fry until a light brown. Serve on a dish dotted with small pieces of lemon.

Macaroni Croquettes—For luncheon, macaroni left from yes-

terday's dinner may be made into delicious croquettes, but they should be prepared the day before. Put over the fire half a pint of milk, and when boiling hot stir in a tablespoonful of butter, two of grated cheese and two of flour mixed with cold milk. This will be sufficient for two pint bowlfuls of cold minced macaroni. Stir macaroni in same, season with saltspoon of pepper and half a teaspoonful of salt; add the yolks of two eggs, cook for a minute, and turn out on a plate to cool. When cold shape and fry in butter until brown. Serve hot.

Lunch Rolls—Stir together one pint of flour, one teaspoonful of baking powder and a quarter-teaspoonful of salt. Work in one teaspoonful of lard and add one-half pint of milk; mix to a smooth dough, roll out to half-inch thickness, cut into irregular shape and fry in butter until brown. Serve hot.

Hot Chocolate—Grate one-quarter cake of Baker's chocolate; add to it one and one-fourth quarts of sweet milk; let come to a boil and serve with whipped cream.

Lyonnaise Potato—Cut a quart of cold boiled potatoes into dice a little over an inch square; put a tablespoon of butter in a frying-pan, and when it is very hot add a white onion minced fine. Cook until soft, add the potatoes, tossing them with a fork in the frying-pan until they are evenly colored a delicate brown. Sprinkle a half teaspoon of salt, a half saltspoon of pepper and a tablespoon of minced parsley over them and stir with fork again. Serve at once with steak.

Cabbage Salad on Lettuce—Take half a head of small cabbage, chop very fine; add a teaspoon of salt and saltspoon of pepper and four tablespoons of vinegar; one head of lettuce, the leaves washed, separated and dried in a towel. Place two large ones on each salad plate, put cabbage enough to look well on the lettuce and pour on each a tablespoonful of mayonnaise dressing.

Apple Compote—Peel and core seven good-sized apples, throwing them as you do them into cold water acidulated with lemon juice; then blanch them in the same water till tender enough to give if pressed with the finger; then lift them out carefully and arrange them on the dish they are to be served on. Now add loaf sugar, one lump to each apple, and either lemon or vanilla to flavor; boil all together until thick, and pour it over and around the apples. Serve with or without cream.

Mrs. Walter Bailey.

Marion, Iowa.

THURSDAY, APRIL THE FIFTEENTH.

BREAKFAST.

Cracked wheat and cream.
Omelet. Buttered toast.
Buckwheat cakes and maple sirup.
Coffee.

LUNCHEON.

Anchovy toast. Walnut sandwiches.
Brown bread. Chocolate.

DINNER.

Tomato soup.
Boned calf's head. Potato timbale.
Creamed onions.
Mince pie. Tea.

Anchovy Toast—Make fingers of nicely browned toast, an inch and a half wide and four or five inches long, and not very crisp. Spread with anchovy butter while hot. Set them a moment in the oven and serve at once.

Walnut Sandwiches—Half a pound English walnut kernels cut in small pieces, covered with a nice mayonnaise dressing. Cut bread in fancy shapes, round, square, triangular, and spread with the mixture. Keep in a cool place until wanted for serving.

Boned Calf's Head—Have the butcher remove the bare bones without injuring the skin, and also the center of the ears. Fill the head with a well-seasoned forcemeat. Cover all over with thin slices of salt pork and peeled lemon, pin up in a stout cloth and cook in plenty of water, with soup vegetables and aromatics for three hours. Then lift the saucepan from the fire, let it rest awhile. Drain the head, take off the cloth and lay the brain at one end of the dish and the tongue at the other, both of these having been cooked in the stockpot. Serve with ravigot sauce. This is made by stewing a minced onion in a gill of white wine vinegar and an ounce of butter, for twenty minutes, after which add a pint of veloute sauce and a handful of minced parsley.

Creamed Onions—Peel one quart of medium sized white onions, place them in a saucepan and cover with boiling water. Boil till nearly done, then add one teaspoonful salt. After boiling them a few minutes longer drain them in a colander. In the meantime melt one ounce of butter, to which add half a tablespoonful of flour, stir and cook two minutes; add half pint of hot milk, cook two minutes, season with white pepper and a sprinkle of salt. Put the onions in a hot dish and pour the sauce over them.

Potato Timbale—Pare eight good-sized potatoes, cover them with boiling water and let them cook thirty minutes. Drain the water and mash the potatoes smooth and light. Add three tablespoonfuls of butter, two of finely-chopped parsley, some salt and pepper, and then gradually beat into them one cup of hot milk. Stir hard, and at last add three well-beaten eggs. Butter an oval tin basin and cover it thickly with fine crumbs. Fill this with the prepared potato and bake in a moderate oven half an hour. Let the dish stand a few minutes after it comes from the

oven, then place a heated platter over the top of the basin, and turn them over together. Press the tin to loosen the sides and lift it gently from the timbale. Mrs. W. H. Siviter.
115 Shady Ave., Pittsburg, Pa.

FRIDAY, APRIL THE SIXTEENTH.

BREAKFAST.

Oranges in halves.
Boiled ham. Creamed potatoes.
Fried mush. Maple sirup.
Coffee.

LUNCHEON.

Sliced cold tongue. Saratoga potatoes.
Light rolls. Baked apples.
Warm gingerbread. Olives.
Tea.

DINNER.

Pea soup.
Baked codfish. Mashed potatoes.
Scalloped corn. Water-cress.
Cherry tapioca pudding. Cheese.
Coffee.

Fried Mush—Cut cold boiled mush into slices and dip each one in fine bread crumbs. Fry in hot drippings in a skillet. The bread crumbs add a fine flavor to the mush.

Light Rolls—One pint of sweet milk warmed enough to melt one tablespoon of butter, add one tablespoon of sugar, a pinch of salt; stir in one quart of flour when the milk is lukewarm and one cake of compressed yeast. Put it into a warm place to raise. When light enough work down and raise again, then mold in shape, put in pans and when light rub the top with white of egg and bake.

Baked Codfish—One and one-half pounds of codfish, thick boneless slice. Put in a baking-pan with a pinch of salt and tablespoonful of butter spread on the top. Put a half cupful of hot water in the pan and place in the oven to bake one-half hour, baste four times. When the fish is done serve on a hot platter with a gravy made from the drippings in the pan.

Scalloped Corn—Take a can of clubhouse corn, one cup of bread crumbs, one-half teaspoonful of salt, butter the size of a walnut, one cup of sweet milk. Put a layer of corn in a baking dish, then a thin layer of bread crumbs, a little of the salt and

butter until the corn is all used. Let the top be of the crumbs. Pour over the milk and set in oven to bake.

Cherry Tapioca Pudding—One and one-half pounds of sour cherries, one cup of tapioca, one cup of sugar. Cover the tapioca with cold water and soak over night. In the morning put it on the fire with one pint of boiling water. Simmer slowly until the tapioca is perfectly clear. Stone the cherries, stir them into the boiling tapioca, add the sugar. Take from the fire, turn into a serving dish and set away to cool. Serve very cold with sugar and cream. Anonymous.

SATURDAY, APRIL THE SEVENTEENTH.

BREAKFAST.

Sliced bananas.
Granose flakes. Milk and sugar.
Curried eggs.
German coffee cake. Coffee.

LUNCHEON.

Brown-bread brewis.
Scalloped meat. Lettuce salad.
Thin bread and butter.
Marshmallow cake. Lemonade.

DINNER.

Consommé with custard cubes.
Stuffed stew of beef. Whipped potatoes.
Creamed cauliflower. Chowchow.
Lemon cream pie. Coffee.

Curried Eggs—Cook a teaspoon chopped onion in three tablespoons butter three minutes in a frying-pan. Add one tablespoon flour and one teaspoon curry powder. Stir until smooth; then add cup stock and half one of milk, saltspoon salt, half one of pepper. Cook ten minutes. Boil six eggs thirty minutes, throw into cold water; then remove the shells. Quarter the eggs, sprinkle with one-half teaspoonful of salt, place in saucepan and pour over them the sauce; simmer three minutes. Serve hot on toast. The onion may be omitted and one-half tablespoonful of curry powder used instead, or both may be used.

German Coffee Cake—Dissolve a penny cake of compressed yeast in a little warm water with a tablespoon sugar. Just warm a cup of sweet milk, add a tablespoon butter, the yeast and two well-beaten eggs; stir in flour for a thin batter, set in a warm place to raise. When light stir in flour to make stiff batter. When raised roll out half-inch thick on a well-floured molding

board; have dough just stiff enough to handle, put in a dripping-pan and when dough has risen half-way up pan brush with an egg well-beaten and cover with half-cup flour, half-cup dark-brown sugar, tablespoon cinnamon and one of butter, rubbed together. Bake in a very hot oven seven minutes, or until when pressed with the finger no impression will be left. Leave in pan until cold. Not much trouble and very nice. Will do for several times.

Brown-Bread Brewis—Break two cups dry brown bread and half-cup white bread into inch pieces; melt tablespoon butter in frying-pan; put in the bread, cover with two cups milk and half-teaspoon salt. Simmer until bread is soft and milk absorbed. Stir occasionally to keep from sticking.

Scalloped Meat—Chop quart cooked meat rather coarse; season with one level teaspoon salt and one-sixth one of pepper. Put two tablespoons butter in a skillet; stir in two and a half tablespoons flour until brown; add a pint of water or stock; put half the meat, moistened with half the gravy, in a dish; cover with half-pint grated bread crumbs; add the remainder of meat, cover with another half-pint crumbs and the remainder of the gravy, dot with half-tablespoon butter. Bake in hot oven twenty-five minutes. Serve with a border of boiled rice or hominy.

Marshmallow Cake—One egg, one cup and a half of sugar, tablespoon butter; cream together; one cup milk, two cups flour, two teaspoons baking powder; bake in four layers. Divide quarter-pound marshmallows in four parts; place one portion on each layer; put in oven for a few minutes until they run together and place layers together. Enough for three meals.

Consommé with Custard Cubes—Beat two eggs five minutes with a spoon, add a quarter-teaspoon salt and beat three minutes longer; put in a buttered cup, set in a pan of tepid water, cover with a greased paper and bake in a moderate oven about half an hour, or until a knife comes out clean. When thoroughly cold turn out and cut into cubes; have two quarts of consommé or any clear soup heated; pour over the cubes in a tureen. Do not put the cubes into the soup while it is on the fire.

Stuffed Stew of Beef—Three pounds from upper side of round, make gashes two inches long almost through it. Rub on both sides with a mixture of one-fourth teaspoon of pepper, same each of nutmeg and cloves, half one of allspice and one of salt; put remainder in the gashes, mix together one cup bread crumbs, one tablespoon chopped parsley and one of melted butter. Stuff into gashes and work with it quarter-pound larding pork cut into strips. Tie tightly with twine, and put in a saucepan with this gravy: Brown a tablespoon of butter, mix well with it a tablespoon of flour, stir in a quart of stock which has been seasoned with one-half teaspoonful of salt, let it boil, then add, if at hand, one tablespoon each of mushroom catsup, tomato catsup and Worcestershire sauce, one onion and one bay leaf. Simmer gently three hours. Remove meat, put in baking-pan,

pour over it two tablespoonfuls gravy, brown in oven ten or fifteen minutes. Dish and strain gravy over it.

Whipped Potatoes—After potatoes are mashed and seasoned beat until white and creamy and pile lightly in a dish.

Mrs. R. A. Lonsdale.

No. 7633 Madison Avenue, Chicago, Ill.

SUNDAY, APRIL THE EIGHTEENTH.

BREAKFAST.

Watercress. Grits with cream and sugar.
Kedgeree. Potatoes au gratin.
Rice cakes with orange compote.
Coffee.

LUNCHEON.

Hock. Spanish fritters. Turk's cap.
Chocolate.

DINNER.

Haricot soup.
Casserole of mock sweetbreads with potato border.
Oyster plant.
Lettuce with French dressing.
Delicate dish.
Pecans. Coffee. Figs.

Watercress—Pick carefully and throw into cold water the leaves from the stems of one or two bunches of cress. Dry in a towel and serve plain, or, if preferred, with a French dressing made with two tablespoonfuls olive oil, one of vinegar, one saltspoonful of salt and half the quantity of white pepper and a pinch of cayenne.

Grits—Soak over night a coffeecup of the grits, stir next morning into one quart of boiling water with a teaspoonful of salt. Boil in double kettle three-quarters of an hour.

Potatoes au Gratin—One pint of cold boiled seasoned potatoes cut into quarter of an inch dice. One cup of white sauce, half a cup of crumbled cheese, the same of cracker crumbs, one tablespoonful of melted butter. Place the potatoes in a shallow dish, suitable for serving, then add the cheese and white sauce. Cover with the cracker crumbs moistened with the melted butter. Bake until the crumbs brown.

White Sauce—Heat over hot water one pint of milk. Stir two tablespoonfuls of butter in a saucepan until it melts and bubbles;

do not let it brown; add two large tablespoonfuls of cornstarch, stir quickly until well mixed. Pour over this a third of the milk; stir until it thickens. Tip the saucepan slightly to keep from sticking. Add a third more of the milk, stirring until perfectly smooth. Be sure all lumps are rubbed out while in this thick state. Let it boil and when smooth stir in balance of the milk, with half teaspoonful of salt and half a saltspoonful of pepper. You can vary the seasoning by using onion juice, hard-boiled eggs, minced parsley, celery, lemon juice, mushrooms or curry powder. White sauce is not suitable for dark meats.

Orange Compote—Lay three oranges in water for four hours; boil until tender. Cut in halves, take out the pulp and remove seeds. Crush the pulp and pound the peel well. Mix, adding same weight in sugar; beat five minutes. If made in quantity and bottled it will keep a long time.

Hock—Take a pound of round steak and the same of pork chop; half a small loaf of bread. Chop together like sausage meat. Add two beaten eggs, a teaspoonful of salt, the same of powdered sage, a saltspoonful of pepper. Make into a loaf and bake like bread. Cut in slices. This is sufficient for two or more days.

Spanish Fritters—Cut six French rolls into slices the length of a finger. Mix one egg with half-pint of milk, two large tablespoonfuls of sugar, half a teaspoonful of cinnamon or half a nutmeg grated. Soak the bread in the mixture and fry a light brown. Serve foam sauce.

Turk's Cap—Mix one pint of rich milk with seven well-beaten eggs, half a pound of flour and half a teaspoonful of salt. Bake in a cake tin and serve quickly.

Haricot Soup—Trim and fry to a light brown five mutton cutlets. Pour over them three quarts of water and stew until tender. Chop one carrot, one onion, one stalk of celery, and add (after the stock has been strained) with one cup of sauce universal. Cook until tender, then thicken with two tablespoonfuls of browned flour mixed with one of butter; add a teaspoonful of salt.

Sauce Universal—One pint of mushroom catsup, one teaspoonful each of vinegar, black pepper, allspice and one minced onion. Place in a jar in water, heat thoroughly. Let it stand twenty-four hours. After five days strain and bottle. It is a great addition to soups and gravies.

Casserole of Mock Sweetbreads—One pound of uncooked lean veal cut into half-inch cubes. Boil with one slice of lemon and teaspoonful of salt in enough water to cover well. When tender throw into cold water to whiten. Take one cup of white sauce, a saltspoonful each of salt, celery salt and half the quantity of pepper, with half a cup of mushrooms cut into quarters. Stir into the veal with white sauce. Heat over hot water five minutes, or until all are hot. Add quickly a teaspoonful of lemon juice and one well-beaten egg. Serve inside a border of mashed potatoes.

Oyster Plant—Scrape two bunches of the plants, cover with cold water and a gill of vinegar to prevent them turning black. Cut into thin slices across and cook in salted boiling water until

tender. Drain and pour over enough white sauce to a little more than cover them.

Delicate Dish—Beat the whites of six eggs with two tablespoonfuls of currant jelly to a solid froth so that it will not fall. Serve with powdered sugar and cream. Mrs. P. B. Gehr.

Postoffice Box 242, Riverside, Ill.

MONDAY, APRIL THE NINETEENTH.

BREAKFAST.

Orange marmalade.
Stewed sheep's tongues. Chopped potatoes.
Oatmeal bannocks. Coffee.

LUNCHEON.

Rissoles.
Boston brown bread. Radishes.
Chocolate fruit cookies. Milled cocoa.

DINNER.

Egg dumpling soup.
Beef à la mode. Mashed potatoes.
Macaroni (special). Spring onions.
Surprise dessert. Fudges.
Black coffee.

Orange Marmalade—Peel four dozen oranges, quarter and take out the seeds and inner skins as much as possible. Soak the peeling over night in water to cover with a half-cup of salt dissolved in it. In the morning boil the peeling in clear water until quite tender, then chop very fine and add the juice and pulp. Weigh and add equal quantity of white sugar. Let come slowly to a boil and let boil half an hour, stirring with great care. Should be quite clear and transparent. Put up in pint glass jars or jelly tumblers. If in the latter, have cut ready rounds of close but not stiff paper a little larger than tops of glasses. Draw one side of each round of paper over the white of an egg which has been placed, unbeaten, upon a shallow saucer; see that the side is wholly wet with the egg, then press it over the jelly glass firmly and evenly, holding it a second so the white of egg will adhere to the glass. This should be done as soon as the glass is filled with the hot marmalade or jelly, as the heat quickly cooks the white of egg and forms a perfectly air-tight covering. For twelve years I have used this method of sealing jams and jellies, and can truly say that I have not lost a single glass or had the slightest

mold form upon the top. It is quickly and neatly done and economical, for the old way of putting an inner round of paper, wet with brandy, flat upon the jelly caused waste of the jelly, which adhered, to say nothing of the additional trouble. The same objection holds good against the melting of paraffin.

Stewed Sheep's Tongues—Parboil four or five sheep's tongues in salted water until they can be skinned. Trim neatly and cut lengthwise into four pieces. Put for each tongue a tablespoonful of chopped pork and a teaspoonful of minced parsley into a saucepan; put the split tongue upon this bed. Sprinkle with a saltspoonful of salt, a saltspoonful of pepper, the juice of half a lemon, and pour over all a cupful of stock or cold water and stew gently until tender. Thicken witn a teaspoonful of cornstarch roux, boil up and serve.

Cornstarch Roux—Place in a saucepan a half-pound of butter; when hot stir in half a pound of cornstarch, stir until brown but not scorched, let cool and bottle for handy use for thickening gravies or soups.

Oatmeal Bannocks—Sift three cups of oatmeal, one cup of flour and a teaspoonful of salt well together. Boil one pint of milk and melt two tablespoonfuls of butter in it. Make a hole in the middle of the sifted meal and flour and pour the milk in; stir into a soft dough as quickly as possible, roll into a thin sheet, cut into round cakes and bake on a hot griddle; butter while hot and serve. Good cold.

Rissoles—Roll out good pie crust, cut in square pieces as for turnovers; upon half of each square put a tablespoonful of finely minced cold veal, chicken or calves' liver (which has been seasoned with half a teaspoonful of salt, half a saltspoonful of pepper and a dusting of red pepper to each pint of meat), brush the edges of the paste with white of egg, fold over the other half and pinch the edges firmly together; bake in a quick oven, and when brown wash over with the beaten white, close the oven door a minute to glaze and serve hot.

Boston Brown Bread—Two and a half cups of cornmeal, two cups of ryemeal, one cup of flour, one cup of molasses, two cups of milk, three teaspoonfuls of baking powder, one teaspoonful of salt. Scald the Indian meal with two cups of boiling water. Mix well and steam three hours, then place in a moderate oven for twenty minutes.

Chocolate Fruit Cookies—Cream one-half cup of butter and one cup of sugar gradually; mix two tablespoonfuls of grated chocolate with one tablespoonful of sugar (taken from the cupful) and dissolve in one tablespoonful of hot water; hold over hot fire if it does not get smooth readily; add to butter and sugar; stir in two well-beaten eggs; sift together two cupfuls of flour and one teaspoonful of baking powder; add to the mixture with half a cup of stoned and chopped raisins; if not stiff enough to roll out, add more flour; roll one-quarter inch in thickness, cut out and bake about ten minutes.

Milled Cocoa—Let one quart of milk just come to a boil; mix

three tablespoonfuls cocoa, two tablespoonfuls of sugar and a little pinch of salt together; pour slowly upon this mixture one cupful of boiling water; stir this into the scalded milk and mill or beat it with an egg-beater over the fire for two minutes.

Egg Dumpling Soup—Into a quart or three pints of good stock drop from a spoon dumplings made according to this rule: Beat well two eggs, a very small teacup of flour and a larger cup of milk; melt in a spider half a cup of butter; when hot stir in the batter and cook, stirring constantly, until it leaves the side of the spider; set aside to cool; when cold beat in, separately, two eggs.

Beef à la Mode—Put two tablespoonfuls of butter in a deep stewpan; when it melts put in a large onion, cut fine, a small carrot and half a small turnip, also cut fine; cook these for five minutes. Have three or four pounds of the upper part of the round of beef and a third of a pound of fat salt pork. Cut the pork in strips as long as the meat is thick and draw these strips through the beef with a larding needle, or push the strips through holes made with the steel if you have not the needle. Put the meat so prepared in the vegetables and butter, first dredging the meat with flour, and brown on both sides. Add a quart and a half of boiling water, a tablespoonful of vinegar, one of lemon juice, a quarter of a teaspoonful of pepper, a clove, three allspice, an inch of stick cinnamon, a bay leaf and a pinch of sage and thyme. Cover tightly and just simmer for about three hours. Take up the meat, skim off the fat, stir in two tablespoonfuls of the corn-starch roux; boil rapidly for a few minutes; strain the gravy over the beef and serve. Enough for luncheon also.

Macaroni (special)—Break twelve sticks of macaroni into two-inch pieces and cook in rapidly boiling salted water for twenty minutes; turn out into colander and pour cold water through to prevent its "clogging." Melt one tablespoon of butter; stir into it one tablespoon of flour, half a teaspoon of salt and one-quarter saltspoon of pepper. Pour on this gradually one and a half cups of boiling milk. Mix sauce with macaroni; grate one cup of cheese and mix half of it with the macaroni. Put the latter in a greased baking dish and cover, with half a cup of bread crumbs mixed with a large tablespoon of melted butter and the rest of the cheese. Bake until brown.

Surprise Dessert—Place upon a pretty flat dish halves of preserved or canned peaches, the round side up. Around these pile whipped cream, sweetened and flavored with vanilla. An exact imitation of a dish of poached eggs and very delicious to the palate.

Fudges—A chafing-dish recipe, but can be made over stove as well. Four cups of granulated sugar, one cup of rich milk, one-quarter pound of butter, one-half cake of Baker's chocolate grated. Put all over hot fire until it begins to thicken, stirring constantly. Place pan in another of hot water and cook until it is easily formed into a ball when dropped into cold water; must not be hard or brittle, however. Remove from fire at this stage and stir

until the mass begins to set. Pour in pan to depth of half an inch and mark off in squares. Add a few drops of vanilla when removed from fire if liked. Mrs. S. W. Manney.
Riverside, Ill.

TUESDAY, APRIL THE TWENTIETH.

BREAKFAST.

Quaker oats with cream.
Codfish with eggs. Creamed potatoes.
Toast. Coffee.

LUNCHEON.

Oysters on crackers. Stuffed olives.
English currant buns.
Sliced oranges. Tea.

DINNER.

Bouillon.
Beef tongue, with rice Milanaise.
Lettuce with French dressing.
Baked sweet potatoes. Cake roly-poly.
Coffee.

Codfish with Eggs—Free a pound of salt cod from bones and skin; wash and tear into small pieces; let it stand in cold water just to cover, over night; in the morning cover with fresh water, and let it heat slowly, but never come to a boil. When fresh enough, drain, pick, and heat in a pint of cream sauce. Meantime cover one egg for each person with boiling water, and place where they will keep hot, but not boil, for ten minutes; pour off the hot water, turn on the cold, and remove the shells. Put the fish and sauce on a hot dish, lay the eggs on, garnish each with sprigs of parsley, or sprinkle a little minced parsley on the whole.

Oysters on Crackers—Split as many crackers as desired, and spread generously with butter. Lay on each half cracker as many oysters as it will hold. Salt, sprinkle with pepper and a few drops of lemon juice. Cover with the other half cracker, and bake in a hot oven until the crackers are brown.

English Currant Buns—One quart of flour, one saltspoon of salt, two teaspoons of baking powder, two tablespoons of lard, one-half cup of sugar, one coffeecup of currants. Mix with milk and water to a soft dough; roll out and cut with a biscuit cutter. Bake about one-half hour.

Stuffed Olives—Select the large queen olives for this purpose. Stone with a penknife, making a slanting lengthwise cut. Fill with chicken force meat.

Beef Tongue, with Rice Milanaise—Boil a fresh beef tongue

in the stock pot with salt and soup vegetables until tender, which will be about one hour and a half. Skin and put on a dish, garnishing with a pint of hot Milanaise rice, made as follows: Chop fine a good-sized onion, and fry in butter until a golden color; then add a cupful of rice, and half a dozen minced mushrooms; stir for two minutes, and add one quart of boiling broth; stir lightly once, cook fifteen minutes, and add more broth at intervals as needed. About ten minutes more will finish the cooking, when season with one teaspoon of salt, and one-half teaspoon of pepper, add half a cup of grated Swiss cheese. Serve.

Cake Roly-Poly—Make a plain sponge cake by sifting a teaspoonful of baking powder with one cup of flour; beat the yolks of three eggs with one cupful of sugar, add the juice of one lemon and half the grated rind, then the whites whipped to a stiff froth, and lastly the flour. Spread this over a large flat buttered tin and bake in a slow oven. Turn out on a towel, spread with marmalade, sweetmeats or any kind of stewed fruit; trim off the crusty edges and roll up. Serve with a hot sauce, or with whipped cream or with plain cream sweetened. Mrs. C. J. Kuehne.

No. 205 36th street, Chicago.

WEDNESDAY, APRIL THE TWENTY-FIRST.

BREAKFAST.

Stewed prunes. Tapioca milk.
Creamed eggs. Potato puffs.
Coffee.

LUNCHEON.

Salmon cream on toast.
Hot scones. Fruit jelly.
Tea.

DINNER.

Carrot soup à la Cressy.
Rolled loin of mutton. Smothered cabbage.
Sweet potatoes à la province.
Rice meringue. Coffee.

Stewed Prunes—Wash, then put to soak one pound of prunes in just enough water to cover them over night. In the morning put them on to stew in the water they were soaked in; add the rind of a lemon cut into small thin strips, and let them stew gently till tender. Add one teacupful of sugar just before they are done; they will take about thirty minutes to stew. The addition of the lemon rind is a great improvement. One pound will make two nice dishes, fully enough for two mornings.

Tapioca Milk—Soak three tablespoonfuls of pearl tapioca in cold water over night; in the morning put on to cook in double boiler; add one-half teaspoonful of salt, three cups of boiling milk, one-half cup of sugar; let it cook thirty minutes.

Potato Puffs—Melt two heaping tablespoonfuls of butter in one-half cup of milk; stir it into a pint of hot, mashed potatoes with an even teaspoonful of salt and one-quarter teaspoonful of pepper; two eggs, well beaten; sift in enough flour to make a dough, which can be rolled out and cut in thin biscuits; bake them in a moderate oven about forty minutes; serve hot with butter.

Hot Scones—One quart of sifted flour, one-half pint of buttermilk, one tablespoon of butter, one tablespoon of sugar, one-half teaspoon of baking soda, one-half teaspoonful of salt; rub the butter into the flour, add the sugar and salt, stir the soda into the buttermilk, and mix into the flour, making a smooth paste, then roll it out to a thin sheet and cut it into triangular pieces, flour a tin and put the scones on and bake them directly from thirty to forty minutes, just before they are done take them out and brush over with milk, put back in oven to glaze. (These are good either hot or cold.)

Fruit Jelly—Cut four bananas lengthwise, pare and slice three oranges, dissolve one-half box of Nelson's gelatine in one-half pint of cold water; then add one pint of boiling water, the juice of one lemon, one small cup of sugar, pour this jelly over the fruit and set it away to cool.

Carrot Soup à la Cressy—Six carrots, two onions, one head of celery, or one teaspoon of celery seed, four ounces of raw ham, two ounces of butter, three pints of stock or water, one gill of cream, one-half teaspoon of sugar, one saltspoon of salt, one-quarter teaspoon of pepper. Peel off the red part of the carrots and put it into a stew-pan with the onions sliced, the celery or seed and the ham cut up, add two ounces of butter; put the lid on close and simmer over the fire gently for ten minutes, then add three pints of stock or water and simmer till the vegetables are tender (which will be in about three-fourths of an hour), drain off the stock, pound the carrots and the other ingredients to a pulp, add the stock they were cooked in and press all through a fine sieve; return this purée to the stewpan and stir it over the fire till it boils; let it boil gently for a quarter of an hour, add the cream, sugar, pepper and salt, serve with fried croutons, handed separately. (This will be enough for two meals, and will be found just as good made hot in double boiler for second day.)

Rolled Loin of Mutton—About four or five pounds of loin of mutton, trim off the fat and take out the bones, which is soon done if one has a sharp knife (or the butcher will always do it for his customers), put the bones on to stew with one pint and a half of water, make a dressing with a quarter of a pound of bread crumbs, two ounces of chopped suet, one teaspoonful each of chopped parsley, thyme, summer savory, onion and lemon peel, one teaspoonful of salt, one-half teaspoonful of pepper. Mix into a paste with one egg and just a little milk (about two tablespoon-

fuls will be enough). Spread this dressing all over the loin of mutton and roll it up tight, sew it and place it in the roasting pan, bake in not too hot an oven for about one hour and a quarter; lift it out onto a hot dish, pour off the dripping out of the pan and pour in the gravy from the bones; set it on top of the stove to heat and brown; pour over the mutton and serve with red currant jelly. (This makes an excellent roast, and is very good either made hot in some of its own gravy or eaten cold with salad for second day.)

Smothered Cabbage—Cut a small head of cabbage fine and put it in a pan where meat has been fried; pour on one-half cup of sweet milk, season with one teaspoon of salt, one-half teaspoon of pepper, and butter about the size of an egg; cover it lightly and let it stand on the back of the stove fifteen or twenty minutes.

Sweet Potatoes à la Province—Slice four raw sweet potatoes thin and lay in a dish with bits of butter; sprinkle with one-half teaspoon of salt and one-quarter teaspoon of pepper; pour over milk to cover; wet one large tablespoon of bread crumbs in milk; add a beaten egg; pour over the top; set in the oven and bake one-half hour.

Rice Meringue—Boil one cup of rice in a quart of water until tender; drain in a colander; add one pint of milk, a tablespoon of butter and the yolks of four eggs beaten with one-half cup of sugar and the juice and grated rind of a lemon; pour in a baking dish and bake in a quick oven; beat the whites of the eggs with one-half teacup of powdered sugar and heap over the top; set in the oven to brown. Mrs. H. Ross Edwards.

Anderson, Ind.

THURSDAY, APRIL THE TWENTY-SECOND.

BREAKFAST.

Dates.
Oatmeal, sugar and cream.
Egg omelets.
Rye bread and butter.
Coffee.

LUNCHEON.

Brains. Bread and butter.
Cottage cheese. Stewed prunes.
Yolk rings. Cocoa.

DINNER.

Brown farina soup.
Chopped veal leg. Rice.
Lettuce salad. Noodle pudding.
Stuffed biscuits. Tea.

Rye Bread—Two pounds rye flour, three half-pint cups lukewarm water, a little wheat-bread dough, one heaping teaspoonful salt, one-half teaspoonful caraway seed. Make a sponge of one-half the flour, the dough and water. Let it raise three or four hours and then add the salt, caraway seed and remainder of flour. Mix and stir thoroughly with a wooden spoon. Allow it to raise to double its size and bake about thirty-five minutes in an oven heated just enough to be able to hold the hand in it till you count twenty.

Brains—One and a half pounds brains, half tablespoonful of butter, three tablespoonfuls of bread crumbs, two eggs, a little parsley and level teaspoonful salt; place brains in cold water for a quarter of an hour; drain and pour boiling water over them; take out and pull off the skins; chop fine; add the butter, bread crumbs, eggs, parsley chopped and salt; mix well and bake.

Stewed Prunes—One pound prunes, grated rind of lemon, a little cinnamon and allspice, three tablespoonfuls sugar; wash the prunes, put into a stewpan with the spices and sugar; cover well with cold water; cover the stewpan and boil till soft; serve warm or cold.

Yolk Rings—Four eggs, one-eighth pound butter, one-fourth pound sugar, a little mace and grated lemon peel, and scant pint flour. Boil the eggs hard; take out yolks and rub into the butter. Add the sugar, mace and lemon rind and stir, adding the flour. Roll out, cut in round cakes, make a hole in the center of each. Strew with sugar and bake.

Brown Farina Soup—Two quarts water, one onion, one small carrot cut in pieces, a little parsley and celery, one egg, about three tablespoonfuls farina, one heaping teaspoonful salt and the bones cut from the veal. Put bones into the cold water, bring to a boil and skim. Add the onion, carrot, parsley, celery and salt. Boil till reduced to three pints. Strain and cool. Beat the egg, add a little salt; pour in farina gradually, stirring constantly, till of cake-dough consistency. Drop the farina from a teaspoon into frying-pan in which a lump of butter, size of a hickory nut, has been heating. When browned on both sides, drop the farina balls into the soup. Allow it to stand fifteen minutes, then boil another fifteen minutes, and finally pour in the farina, which has been browned in the butter left in the frying-pan, cooled and mixed with a little lukewarm water, so as not to form lumps. Boil up and serve.

Chopped Veal Leg—One and a half pounds chopped veal off the leg, one cup bread crumbs, one-eighth pound chopped suet, two eggs, one rounding teaspoonful salt, one lemon and a pinch of mace. Have the butcher chop the veal fine and give you the bones he has taken out. Use them for soup. Mix the veal, bread crumbs, suet, eggs, salt, juice of half the lemon and mace all together thoroughly. Wet hands in cold water and shape like veal leg; put into a greased dripping-pan; pour a cup hot water around the meat; cover with a larger dripping-pan. Bake one hour in

steady oven. Take off the pan, brown the top, and, just before serving, pour over the juice of the other half of the lemon.

Rice—Wash thoroughly one-quarter pound rice. Put into plenty of boiling salted water. When soft drain in colander. Pour over it some cold water; drain. Add a bit of butter, a dash of pepper; mix carefully and place in open oven on a warm platter a little while.

Noodle Pudding—One egg, scant cup of flour, one-eighth teaspoonful salt. Sift the flour and salt. Into the center break the egg. Mix flour into egg with a knife and make a stiff dough, but still capable of being rolled out. Work it with the hands till pliable. Roll out into a thin sheet. Cut in long, narrow strips, placing one over the other, then with a sharp knife cut across into fine strands. Boil two minutes in boiling salted water. Drain. Cream one teaspoonful butter with one tablespoonful sugar and a few blanched and chopped almonds. Rub into the noodles. Pour over all a small cup of sweet cream. Mix. Place in a dish, earthenware preferred; strew with bits of butter and bake in moderate oven till brown. Eat with cinnamon and sugar.

Stuffed Biscuits (Bohemian kolace)—Into one pound of flour put a cent's worth of yeast, prepared, one egg, one tablespoon butter or lard, one scant pint of lukewarm milk, one level teaspoonful salt. Mix thoroughly with wooden spoon, working the dough till smooth. Set in warm place to raise and cover it. When raised put on a floured kneading board. Roll out to about half an inch in thickness, cut in circular shape, place in greased dripping-pan without touching. Rub over with butter or lard (melted). Take out pits from prunes left over from luncheon. Chop the prunes and put a little of the jam on the center of each biscuit. Let raise again and bake to a light brown. To prepare the yeast crumble it into a cup with one tablespoonful sugar and one quarter cup warm milk. Mix and use as soon as it rises.

Mrs. Mary A. Cizkovsky.
No. 1033 Spaulding avenue, Chicago.

FRIDAY, APRIL THE TWENTY-THIRD.

BREAKFAST.

Hazel oats, sugar, milk.
Lamb cutlets. Minced potato.
White bread. Brown bread.
Cereal Winsor coffee.

LUNCHEON.

Shrimp salad mayonnaise.
Graham crackers.
Pieplant meringue pie.

DINNER.

Cream tomato soup.
Broiled pompano, tartare sauce.
Potatoes in form.
Lettuce with salad dressing.
Bread and butter.
Kuchen with coffee.

Lamb Cutlets—Only the "rack" can be used in this way. Take it home and cut the chops yourself, few butchers will cut them rightly. First cut and chop off all the backbone at once. Chop off all the ends of the ribs so that the cutlets shall be of the same length. Then cut through, leaving two rib-bones in each chop; carefully cut out one bone and trim and scrape the other clean for about one inch from its end. Flatten the cutlets and trim off all ragged edges. About one-half hour before breakfast time take the ashes out of the ash-pan and put in a bed of charcoal. Place upon this a few live coals, and cover with something so as to cause a good draft. Have always ready a little, flat, tin-bound brush in a tin cup with either drippings or melted butter in it. Lay the meat on a plate and slightly brush over on both sides with the butter. Then place it on a wire broiler and cook quickly. Lamb cutlets will cook in about the same time that an egg will boil soft (never stick a fork into broiling meat). Cut as many thin pear-shaped slices of bread as there are cutlets—one for each person is generally sufficient—toast and butter them and set them on end alternately with the cutlets, one toast and one cutlet, on a hot dish, and serve without sauce, except table sauces and pickles. This dish is well worth the trouble of preparing.

Minced Potato—Chop cold boiled potatoes small and season with salt. Spread a spoonful of drippings or butter in a frying pan and place the potatoes in about an inch deep. Cook on top of the range without stirring. Cover with an inverted plate and let them brown nicely and slowly. Then turn over onto the plate, set in another plate and serve with the brown side up.

Shrimp Salad Mayonnaise—Shred one large head of lettuce as fine as possible with a sharp knife on a board; rinse a can of shrimps in cold water; put them in a bowl with two tablespoonfuls of olive oil and the same of vinegar and shake about to make them look shiny and moist; cover a flat dish with lettuce. Pile the shrimps neatly in the middle and spread over the top, so as not to hide the shrimps, some mayonnaise or salad dressing. Shrimps that are so shaken will generally keep their shape if pressed a little in a deep dish, and can then be turned out upon the lettuce in form.

Pieplant Meringue Pie—Either fresh or canned pieplant may be used for this. Take enough stewed pieplant for one pie—about half a pint—and stir into it while boiling a heaping teaspoonful of cornstarch mixed with the yolks of two eggs and a cup of sugar

and one tablespoonful of butter; have ready a pie tin lined with a nice crust already baked. Spread this with the pieplant mixture and cover with a meringue made of the whites of the eggs, beaten stiff, with two tablespoonfuls of sugar. Set in the oven until nicely browned and serve cold. Delicious.

Broiled Pompano—Scrape the skin thoroughly. The small ones, weighing a pound or so, may be broiled whole; the large ones should be split down the back and through the head. Broil the cut side first—eight or ten minutes—brush over with butter and dredge with salt and pepper, then broil the skin side until done. Serve on a hot dish with tartare sauce poured around.

Tartare Sauce—Boil a teaspoonful of minced onion in a quarter cupful of vinegar a few minutes, throw in a cookingspoonful of butter, add the yolks of four eggs, beaten, and cook about a minute longer. When it thickens take it from the fire and add gradually a cookingspoonful of olive oil, a teaspoonful of salt, a pinch of cayenne and a little minced cucumber or gherkin pickle (this latter is not necessary but an improvement). Serve very hot with fish, or in a gravy boat if preferred.

Kuchen—Make a sponge as for bread of flour wet with one pint of lukewarm milk, salt and one cake compressed yeast and set in a warm place to rise. If for lunch rise over night, but for dinner it may be mixed in the morning. When light add three eggs, one cup sugar, one cup butter or half as much cottolene, one cup seeded raisins, flour enough to mold up like bread. Let rise again and press out into a cake to fill a dripping pan; spread with butter and cover with sliced apples. Sprinkle with sugar and cinnamon and bake as you would bread. Serve hot or cold, with after-dinner coffee. This quantity will serve for several meals and is nice for lunch, as it will not dry in many days.

Harriet Mann.

No. 1421 Central street, Evanston, Ill.

SATURDAY, APRIL THE TWENTY-FOURTH.

BREAKFAST.

Oranges.
Cornmeal mush. Cream and sugar.
Waffles. Maple sirup. Rolls.
Coffee.

LUNCHEON.

Steamed macaroni, tomato sauce.
Stewed apples. Bread and butter sandwiches.
Tea.

DINNER.

Mock bisque soup.
Tongue fricassee. Olives. Riced potatoes.
June peas (canned).
Hopple popple. Lady fingers.
Small coffee.

Steamed Macaroni—Boil one-half package of macaroni until tender. Throw into a colander and drain. Beat three eggs until light, add one tablespoon butter, one-half cup milk or stock, flavor with one even teaspoon salt, a little pepper and about one-half teaspoonful of finely chopped onion. Butter the double-boiler and sprinkle with cracker crumbs. Place the macaroni into the egg mixture and then pour all into the double-boiler, sprinkling the top with cracker crumbs and small bits of butter. Tie the cover of the boiler down firmly with string and allow it to steam for one hour and a half, then invert the boiler and serve with tomato sauce.

Tomato Sauce—Rub one tablespoon of butter and one teaspoon of cornstarch together in a spider and add slowly the juice of one-half can of tomatoes. Season with a large saltspoon of salt, saltspoon sugar and a tiny pinch of cayenne pepper.

Tongue Fricassee—Wash a fresh beef tongue thoroughly in two or three waters. Trim, and tie into shape. Cover with boiling water and season with two teaspoonfuls of salt, twelve peppercorns and one small onion. The tongue should be boiled and skinned the day before. Skin while still hot.

Gravy—Throw one tablespoon of flour into a hot dry spider. Allow it to become a rich brown. Rub in a piece of butter the size of a small egg and slowly add the strained liquor of the tongue. Season this gravy with one saltspoon salt, one saltspoon sugar, and one tablespoon catsup. Throw in the sliced tongue and let all boil for about five minutes, when it is ready to serve.

Hopple Popple—Grate the rind of one lemon and squeeze out the juice. Add one teaspoon best vanilla, one coffeecup sifted powdered sugar, two whole eggs and the yolks of seven others. Beat all this together for twenty minutes with a Dover beater. If another beater is used it must be beaten thirty minutes. Have one-half box Cox's gelatine dissolved in one cup of water. Add the well beaten whites of the seven yolks and at last, drop by drop, the gelatine beating all the while. Drop the mixture into a glass dish and set in a cool place. Serve with the juice of any preserved fruit or the sweetened juice of oranges. It is very delicious and not at all expensive when eggs are cheap.

Margaret Segur.
Flat 3, The Melrose, Milwaukee, Wis.

SUNDAY, APRIL THE TWENTY-FIFTH.

BREAKFAST.

Unstemmed strawberries, powdered sugar.
Oatmeal flakes, cream, sugar.
Breakfast bacon broiled. Omelet with parsley.
Baking powder biscuits.
Coffee.

LUNCHEON.

Dried beef scrambled. Creamed potatoes.
Beaten biscuits.
Lettuce salad. Crackers.
Tea.

DINNER.

Cream of asparagus soup. Croutons.
Boiled leg of mutton. Egg sauce.
Mashed potatoes. Peas. Young onions.
White bread.
Meringues and cream.
Coffee.

Omelet with Parsley—Five eggs beaten well separately, one-half teaspoon of salt, one saltspoon white pepper, one teaspoon flour, one tablespoon chopped parsley, turn the well-beaten mixture into a hot skillet containing one large teaspoon of butter, cook until set, fold together and serve on a hot dish covered with a folded napkin.

Dried Beef Scrambled—Sizzle one-half pound of chipped dried beef in one tablespoon of butter, add two eggs well beaten, scramble all together, serve hot.

Beaten Biscuit—Sift one teaspoon of salt with one quart of flour. Add one tablespoon of lard. Part milk and part ice water to make a stiff dough. Beat and work until of a velvety smoothness and beginning to blister, at least a half hour. Roll to one-half inch thickness. Cut with small cutter. Bake in moderately quick oven. Prick well with fork before baking.

Lettuce Salad—In buying choose firm, crisp heads of lettuce. Let lie in running water for one hour, then wash well in ice water. This will insure its crispness. Wipe carefully and thoroughly in a napkin. To one head of lettuce the rule is two tablespoons of olive oil, one-half tablespoonful of vinegar, one-half teaspoonful of salt, a dash of cayenne pepper. Rub the salad bowl with a split clove of garlic or bit of onion; add oil; dissolve salt and pepper in vinegar, add to oil, mix well, turn the lettuce into bowl, toss well and serve.

Cream of Asparagus Soup—All good soups take stock, which

should be made every week from scraps and bones and kept in the ice chest. Put two ounces of butter into a sauce-pan, add three tablespoons of flour, stir well and add three pints of unsalted soup stock, previously warmed. Put into this one-half bunch of asparagus, twelve whole black peppers, a teaspoon of salt, two cloves, a sprig of thyme and one of parsley. Boil thirty minutes. Strain and add a tablespoon of cream. Delicious and inexpensive. The hard ends of asparagus may be used, which have been trimmed from the bunch the day before, as well as any cold left-over asparagus.

Croutons—Butter slices of bread, cut rather thick. Cut off the crusts, cut into small blocks and place in the oven until a golden brown. Use up scraps of bread in this way.

Boiled Leg of Mutton—Take a medium-sized leg of mutton, cut off the shank bone; trim well. Plunge into a pot of boiling water, sufficient to cover it. Add one-half tablespoon salt, twelve whole black peppers, a bit of red pepper, six cloves, one large onion, a sprig of thyme and parsley. Boil one hour and a quarter. There will be sufficient left for a lunch (cold) and a breakfast hashed with potatoes. Very delicate.

Egg Sauce—Stir two tablespoons of flour into one of butter, melted. Moisten with one and a half pints of the "mutton broth" (previously strained). Let boil well. Have the yolks of two hard-boiled eggs well mashed and moistened with a little of the broth. Add slowly; then add the chopped whites and a tablespoon of lemon juice. Garnish the mutton with a portion of the sauce, send the rest to the table in the gravy dish.

Meringues—Beat the whites of six eggs eight minutes with a scant saltspoon of salt. Gradually add one pound of powdered sugar, mixing slowly. Add one teaspoon of vanilla. Line a large pan with brown paper. Do not grease it. Drop the mixture in egg shapes about two and one-half inches long by one inch wide and one inch apart. Sprinkle liberally with powdered sugar. Bake in a slow oven thirty minutes. When cold wet the wrong side of the paper and the meringues will detach easily. With finger press the inside into perfect egg shape. Serve with cream. This will make eighteen shells—enough for two meals.

Mrs. A. R. Martin.

Pewee Valley, Oldham County, Ky.

MONDAY, APRIL THE TWENTY-SIXTH.

BREAKFAST.

Graham mush. Sugar, cream.

Quaker omelet, cream sauce.

Potato puffs. English muffins.

Coffee.

LUNCHEON.

Cold boiled fish à la vinaigrette.
Dinner rolls.
Rhubarb charlotte. Tea.

DINNER.

Ragout of mutton. Mashed potatoes.
Minced spinach.
Sponge drops. Fruit glacé.
Coffee.

Quaker Omelet—Three eggs, half a cupful of milk, one and a half tablespoonfuls of cornstarch, one-half teaspoonful of salt, one tablespoonful of butter. Put the omelet pan and a cover that will fit closely on to heat. Beat well together the yolks of the eggs, the cornstarch and the salt. Beat the whites to a stiff froth. Add to the well-beaten yolks and cornstarch, stir all together very thoroughly and add the milk. Put the butter in the hot pan. When melted pour in the mixture. Cover and place on the stove, where it will brown but not burn. Cook about seven minutes, fold, turn on a hot dish and serve with cream sauce poured around it.

Cream Sauce—One cupful of milk, a teaspoonful of flour and a tablespoonful of butter, one-quarter of a teaspoon of salt and one-quarter of that amount of pepper. Put the butter in a small frying pan, and, when hot but not brown, add the flour. Stir until smooth, then gradually add the milk. Let it boil up once. Season with the salt and pepper and serve.

English Muffins—One quart of flour, one teaspoonful of salt, one-third of a cake of compressed yeast, one cupful and a half of water. Have the water blood-warm. Dissolve the yeast in one-third of a cupful of cold water. Add it and the salt to the warm water, and gradually stir into the flour. Beat the dough thoroughly; cover and let it rise in a warm place over night. In the morning flour the board well, shape the dough into balls about twice the size of an egg, and drop them on the floured board. When all the dough has been shaped roll the balls into cakes about one-third of an inch thick. Lay these on a warm griddle which has been lightly greased and put the griddle on the back of the stove where there is not much heat. When they have risen a little draw the griddle forward and cook them slowly, turning often to keep the flat shape. It will take about twenty minutes for them to rise on the griddle and fifteen to cook. Tear them apart, butter and serve.

Cold Boiled Fish à la Vinaigrette—Take the remains of any cold fish, baked or boiled, pick free from skin and bone, heap lightly in the center of a dish; sprinkle vinaigrette sauce over it. Garnish with a border of lettuce leaves and cold-boiled eggs, cut in rings.

Vinaigrette Sauce—One teaspoonful of white pepper, one of salt, half a teaspoonful of mustard, half a cupful of vinegar, one tablespoonful of oil. Mix the salt, pepper and mustard together; then very slowly add the vinegar; after mixing well add the oil.

Rhubarb Charlotte—Butter a baking dish thoroughly and cover the bottom an inch deep with fine bread crumbs, then with a layer of rhubarb that has been peeled and cut into thin, small pieces. Scatter thickly with sugar, cover with a second layer of crumbs; put bits of butter over each layer of crumbs. Continue to fill the dish thus to the top; the top layer should be crumbs. Bake in a slow oven for an hour.

Ragout of Mutton—Three pounds of any of the cheap parts of mutton, six tablespoonfuls of butter, three of flour, one onion, one large white turnip cut into little cubes, a heaping teaspoonful of salt, half a teaspoonful of pepper (these last two quantities may be increased or decreased, as taste requires), one quart of water and a bouquet of sweet herbs. Cut the meat in small pieces. Put three tablespoonfuls each of butter and flour in the stewpan, and when hot and smooth add the meat. Stir until a rich brown, and then add water and set where it will simmer. Put the rest of the butter in a frying-pan, and when hot put in the turnips and onions, with a teaspoonful of flour; stir all the time until a golden brown, then drain and put with the meat. Simmer for an hour and a half. Serve very hot.

To Make a Bouquet of Sweet Herbs—Put two sprigs of parsley on the table and across them lay two bay leaves, two sprigs of thyme, two of summer savory and two leaves of sage. Tie all these herbs (which are dry) with the parsley.

Minced Spinach—Wash thoroughly and boil in a little water until tender. Drain in the colander and chop fine in the tray. Sprinkle well with one-quarter teaspoonful pepper and one-half teaspoonful salt. For each quart of chopped spinach put two tablespoonfuls of butter and one of flour in a frying-pan. When cooked smooth and before it becomes brown add the spinach; stir for five minutes, then add half a cupful of milk and stir three minutes longer. Arrange on a hot dish in the shape of a mound. Garnish with a wreath of slices of hard-boiled eggs at the base, and finish the top with another wreath. Serve hot.

Fruit Glacé—Boil together for half an hour one cupful of granulated sugar and one of water. Dip the point of a skewer in the sirup after it has been boiling the given time and then in water. If the thread formed breaks off brittle the sirup is done. Pare some oranges, divide them into eighths and wipe free of moisture. Pour part of the hot sirup into a cup, which keep in boiling water. Take the pieces of orange on the point of a large needle or skewer and dip them in the sirup. Place them on a dish that has been buttered lightly. Care must be taken not to stir the sirup, as that spoils it. Mrs. John Buie.

No. 170 Harding Avenue, Chicago.

TUESDAY, APRIL THE TWENTY-SEVENTH.

BREAKFAST.

Oranges.
Oatmeal with sugar and whipped cream.
Dutch fried potatoes. Boiled eggs.
Popovers with butter and maple sirup.
Coffee.

LUNCHEON.

Boudins. Lettuce.
Whole wheat bread and butter.
Swedish rolls. Pieplant sauce. Tea.

DINNER.

Clear soup.
Very small squares of hot dry toast.
Small veal roast. Mashed potatoes. Spinach.
Imperial rice. Tea.

Dutch Fried Potatoes—Fry a teaspoonful of chopped onion in pork fat or butter, add two cupfuls sliced raw potatoes, one-half teaspoonful of salt, one-quarter teaspoonful pepper and fry a delicate brown. Beat an egg light, pour over the potato and take up at once in a hot dish.

Boudins—Two cups finely chopped cold cooked veal, chicken or whitefish; one-half cup chopped oysters, a sprig of parsley, three-quarters of a teaspoonful salt, a saltspoonful white pepper, two stalks chopped celery, one-half cup white sauce, the beaten whites of two eggs stirred in the last thing. Half fill small buttered cups with the mixture, set in a baking tin of hot water, bake fifteen or twenty minutes; turn out on a hot platter and pour over the boudins a cupful of white sauce.

Swedish Rolls—One-half cake of compressed yeast, one pint scalded milk, six cups Pillsbury's flour, whites of two eggs, one-quarter cup sugar, one tablespoon butter, one cup currants, one tablespoonful grated yellow part of lemon peel. Stir three cups of flour into the milk when it becomes lukewarm. Add the sugar, a small teaspoonful of salt, the butter and the well-beaten whites of the eggs and the yeast dissolved in a little milk. Mix well and set in a warm place to rise. When fully twice its size add the rest of the flour, rub butter over the dough and let rise in a warm place an hour or until it is double the size. Take a part of the dough on a slightly floured board, pat it out to less than half an inch in thickness, butter with soft butter, sprinkle thickly with sugar, then with a little of the lemon and lastly with currants. Roll as for a jelly roll. Cut off in slices half an inch thick, put in

a buttered tin, let rise an hour and bake in a quick oven twenty minutes. To be eaten cold.

(Note—The remainder of the Swedish roll dough may be made into cinnamon rolls by substituting cinnamon for the grated lemon peel or into any other preferred rolls.)

Imperial Rice—Into a double boiler put one and one-half cups milk, one-half saltspoon of salt, one-quarter cup rice. Cook till the milk is absorbed, then add one-sixth box of gelatine soaked in cold water and dissolved over heat. When the mixture is cold and preparing to thicken add one-quarter cup of powdered sugar, one-half teaspoonful of vanilla, and, lastly, half a cup of cream whipped to a stiff froth. Turn in a wet mold and set away to cool.

Miss L. C. Munger.

Aurora, Ill.

WEDNESDAY, APRIL THE TWENTY-EIGHTH.

BREAKFAST.

Wheatena, cream and sugar.
Veal collops. Fried potatoes.
Quick coffeecake.
Coffee.

LUNCHEON.

Chicken omelet. White radishes.
Steamed brown bread. Stewed rhubarb.
White gingercakes.
Tea.

DINNER.

Spring vegetable soup.
Whitefish à la creme.
Baked potatoes. Spinach with egg.
Mixed salad. Dainty dessert.
Coffee.

Veal Collops—Cut one pound lean veal into pieces the size of an oyster; season with quarter-teaspoonful of pepper, half-teaspoonful of salt and a little mace; dip in egg, then into cracker crumbs and fry in hot fat; they both look and taste like oysters.

Quick Coffeecake—A delicious coffeecake is made by creaming one-fourth of a cup of butter with a cup of sugar; add one beaten egg, one-half cup of milk, a saltspoonful of salt and one and a half cups of flour sifted with one good teaspoonful of baking powder; bake in a flat tin, pouring the batter less than an inch thick; dot with bits of butter the size of a pea about an inch apart and sprinkle plentifully with sugar and cinnamon.

Chicken Omelet—Warm one cupful of cold chicken (one-half veal is just as good), minced fine, in a teacup of milk, a tablespoonful of butter, a quarter-teaspoonful salt and saltspoonful of pepper; thicken with a large tablespoonful of flour; make a plain omelet, then add this mixture just before turning it over.

White Gingercakes—One cup of butter, two cups of sugar, one cup of sour milk, three eggs, one-half teaspoonful of soda dissolved in a tablespoonful of warm water, one tablespoonful of ginger, one teaspoonful of cinnamon, the grated rind and juice of an orange, and five cups of sifted flour, or enough to roll out soft. Cut rather thick like biscuit, bake in a quick oven and sprinkle with sugar while hot.

Spring Vegetable Soup—Put in a saucepan with one pint of water two shredded lettuces, one onion, half a pint of green or canned peas, a small bunch of parsley, two tablespoonfuls of butter and simmer till tender. Season with a small teaspoonful salt and quarter-teaspoonful of pepper. When done drain off the vegetables and add two-thirds of the liquor to one-quart of soup stock. Beat up the yolks of three eggs with the other third of the liquor vegetables were boiled in, toss it over the fire, and at the moment of serving add this with the vegetables.

Whitefish à la creme—Rub the fish well with salt and put it into a kettle with just sufficient warm water to cover it; as soon as it boils set it where it will simmer for an hour; then drain it and remove the large bones. Put one ounce of flour into a saucepan, to which add by degrees a quart of milk, mix very smooth, add one large onion sliced, a bunch of parsley, a little nutmeg, one teaspoonful salt, one-quarter teaspoonful pepper; place all over the fire and stir constantly till it becomes quite thick, then add a quarter of a pound of butter, pass through a sieve, pour the hot sauce over the fish, set in the oven and let it brown. The white of an egg well beaten and spread over it will make it brown better. To prevent the china dish from breaking or discoloring place it in a pan of hot water before setting in the oven. Once tasted, never forgotten.

Dainty Dessert—One quart of milk, the whites of four eggs beaten to a stiff froth, one heaping cupful of sifted flour, one scant cupful of powdered sugar, add a little grated lemon peel and a saltspoonful salt, beat till very light, bake in gem pans, sift powdered sugar over them and serve with lemon sauce.

Mrs. Marion C. Wilson.

No. 6407 Lexington avenue, Chicago.

THURSDAY, APRIL THE TWENTY-NINTH.

BREAKFAST.

Fruit salad.
Barley crystals, with sugar and cream.
Eggs on zwieback.
Potato sticks. Coffee.

LUNCHEON.

Liver patties. Cheese pudding.
Bread and butter. Rice balls.
Tea.

DINNER.

Tomato soup.
Baked beefsteak and potatoes.
Corn drops. French peas.
Colonial hats. After-dinner coffee.

Fruit Salad—Remove peel and seeds from three oranges, and cut each section in several pieces. Slice two small bananas and cut two figs in tiny pieces. Mix lightly, adding two tablespoonfuls of sugar.

Eggs on Zwieback—Break each egg on a well-buttered round of stale bread, season each with a pinch of salt. Set in a moderately hot oven until the bread is browned and the eggs are set. Serve hot.

Potato Sticks—Cut four good-sized potatoes, that have been peeled and laid in cold water over night, into sticks about one-fourth of an inch square and an inch and a half long. Wipe perfectly dry in a clean towel, drop in plenty of smoking hot fat and fry a delicate brown. When done give them at once a thorough shaking in a large paper sack to remove any grease adhering; sprinkle with salt and pepper. Serve hot.

Liver Patties—Chop cold stewed liver until quite fine. Add to a pint of liver a tablespoonful of butter (melted), half a teaspoonful of salt, a saltspoonful of pepper. Mix thoroughly. Put a heaping tablespoonful in each very thin tart shell and bake from fifteen to twenty minutes. Serve hot or cold.

Cheese Pudding—One cupful each of grated or chopped cheese, bread crumbs and milk, one egg beaten, one teaspoonful of butter, one-half teaspoonful each of salt and mixed mustard, one saltspoonful of pepper. Put cheese and bread crumbs in alternate layers in a buttered pudding dish, mix egg, milk and seasoning and pour over and bake until firm like custard, about fifteen minutes. Serve hot.

Rice Balls—Thoroughly mix a brimming tablespoonful of lemon juice with a pint of cold, boiled and well-drained rice. Press into tight balls the size of a walnut. Drop in hot fat until a golden brown. Drain on paper, dust with pulverized sugar and serve at once. Very delicate.

Baked Beefsteak and Potatoes—Lay the steak in the center of the baking pan, the potatoes peeled and cut in half-inch slices around it. Put a bit of butter and a sprinkle of salt on each piece of potato, but do not salt the meat until done. If the steak is not sufficiently fat dot it with butter. A cheap steak will be found

far more palatable cooked in this way. The oven should not be too hot.

Corn Drops—One can of corn, three eggs, a small teaspoonful of salt, a tablespoonful of sugar, a saltspoonful of pepper, a tablespoonful of flour and a lump of butter the size of an egg. Beat the eggs thoroughly, melt the butter and mix both with the other ingredients. Drop in well-buttered gem pans and bake in a moderate oven half an hour.

French Peas—Soak a pint of well-washed, dried peas in a quart of water six hours. Then add a small teaspoonful of salt, one teaspoonful of sugar, a teaspoonful of butter, and an onion the size of an English walnut, and let come quickly to a boil. Cover, remove to the back of the range, and simmer gently, so as not to break the peas, for an hour. This is an excellent way to cook green peas also, omitting of course the soaking and long boiling. The onion may be removed or served with them.

Colonial Hats—One coffeecup of stoned and chopped raisins, the juice and grated rind of one lemon, one egg, one cup of sugar, a pinch of salt, and, if liked, a piece of citron the size of half a dollar. Mix all well. Put tablespoonfuls of this mixture on rounds of piecrust from six to seven inches in diameter and very thinly rolled. Fold together from three directions, so that the shape will resemble the name. Leave no vent in the dough, but press the edges so firmly together that not a drop can escape. When all are laid in the baking pan, brush over with milk in which a little sugar is dissolved. Bake fifteen to twenty minutes.

Mrs. Herman S. Piatt.

No. 501 South Mathews avenue, Urbana, Ill.

FRIDAY, APRIL THE THIRTIETH.

BREAKFAST.

Hominy with cream.

Stewed rhubarb. Eggs with cream sauce.

Rice waffles. Cocoa.

LUNCHEON.

Saratoga chips. Cheese fondu.

Olives.

Toasted crackers. Tea.

DINNER.

Planked shad. Flaked potatoes.

Fried egg plant. Lettuce and cress salad.

Caramel custards. Coffee.

Planked Shad—Purchase a plank, at least two inches thick, made from hickory, just the size of your oven. Have it planed out in the middle, so that the juice will be held rather than running off the edge. Have your fish cleaned and dry, put it on the plank, skin side down. Then baste with two tablespoonfuls of melted butter, dust with salt and pepper, and cook in the oven for thirty minutes. When ready to serve, baste again with melted butter, and place parsley and slices of lemon around fish. Be sure and have the plank very hot when you place the fish upon it. Serve on the plank on a large platter or tray with a napkin laid between.

Fried Egg Plant—Peel and cut the plant in slices less than one-half inch thick. Place in a quart of water with a tablespoonful of salt for two hours; drain and dip each slice in beaten egg and bread crumbs, and fry brown.

Caramel Custards—Put a half cup of sugar in an iron saucepan over the fire. Stir until the sugar is melted. Add a tablespoonful of lemon juice and turn this into the bottoms of six custard cups. Beat three eggs without separating, add to them one and a half cups of milk, four tablespoonfuls of sugar and a teaspoonful of vanilla. Mix thoroughly and pour into the cups. Stand in a baking-pan of boiling water and bake twenty minutes. Serve cold.

Mrs. M. A. Rowan.
No. 239 Fairview Place, Waukegan, Ill.

SATURDAY, MAY THE FIRST.

BREAKFAST.

Oranges, southern style. "Trilby" omelet.
Flannel cakes with maple sirup.
Coffee.

LUNCHEON.

Lunch rolls. Oyster pâté with crumbs.
Pickles. Macaroni tufts. Cheese.
Cocoa.

DINNER.

Soup Julienne.
Boiled beef with parsley sauce.
Mashed potatoes. Tomatoes with rolled cracker.
Snowballs with cream sauce.
Dates. Café noir. Nuts.

"Trilby" Omelet (new)—Break five eggs into a bowl and add five tablespoonfuls of cold water, one-half teaspoon of salt, one-quarter teaspoon pepper; beat to a froth. Put tablespoon of but-

ter in frying-pan, and when hot (do not burn) pour in the beaten eggs; now with a four-tined fork lift the omelet gently in places while it is cooking; omelets cooked in this way do not have to be turned. The cold water used with the egg is the secret of a light, flaky omelet.

Lunch Rolls—One quart flour, one-half cake compressed yeast, one tablespoonful sugar, one tablespoonful butter (softened), one teaspoonful salt. First place one pint of sifted flour in bread-pan, and pour over about one pint of boiling water; stir in the butter, salt and sugar. When cool add the yeast, dissolved in one-half cup lukewarm water, and the remaining flour. Set to rise over night. In the morning knead and roll out about one and one-half inches thick; cut with round or oblong cutter; let get light, then bake twenty-five minutes in moderate oven. Enough for two meals. These are always successful if boiling water is used, and are always sweet, light and delicious.

Oyster Pâté with Crumbs—One pint of oysters; add one-half pint milk, one teaspoonful salt. Let boil up once, then take one cupful of rolled cracker crumbs mixed with cold milk (or water) and pour into oysters; stir and boil two minutes; add teaspoonful butter and a little pepper. Place in baked pastry shell (or buttered pudding-dish) and bake in oven till brown.

Macaroni Tufts—Break one-quarter pound macaroni into inch pieces; boil in salted water twenty minutes. Let it get cold, then pour over it one beaten egg. Pull out tufts or pieces of uniform size and cook in hot fat. Serve on folded napkin with grated cheese.

Boiled Beef with Parsley Sauce—Boil four pounds of beef with four cloves, one inch stick cinnamon, one-half teaspoon summer savory, two teaspoonfuls of salt, in two quarts of water till tender. Strain the liquor and thicken with two tablespoonfuls flour mixed in one-half cup of cold water; add one-quarter teaspoonful of pepper, one tablespoonful of minced parsley; pour over the beef on platter and serve.

Mrs. R. W. Boyd.

Adrian, Mich.

Note specially the use of boiling water for rolls and bread, and also of cold water in omelets.

SUNDAY, MAY THE SECOND.

BREAKFAST.

Stewed dried apricots.
Chops en papillote. Breakfast puffs.
Fried graham mush. Maple sirup.
Coffee.

LUNCHEON.

Casserole of rice and meat, tomato sauce.
Bread and butter.
Sponge drops. Prune soufflé.
Racahout des Arabes.

DINNER.

Split pea soup.
Roast fillet of veal. Stuffed potatoes.
Mock oysters. Canteloupe pickles.
Orange charlotte.
Tea.

Stewed Dried Apricots—One-half pound of apricots. Wash thoroughly and soak over night in one quart of water. The next morning cook in the same water till tender. Remove the apricots and add one-half cup sugar to the water. Boil the water down one-half and pour over the fruit, and serve cold. Must be prepared the day before using in order to be thoroughly cold for breakfast.

Fried Graham Mush—The day before using mix one cup graham flour and one level teaspoonful salt. Make it into a thin paste with two cups of cold water. Stir it, a little at a time, into one cup of boiling, frothing water. Cook fifteen minutes, stirring often. Turn into a buttered tin with straight edges and in the morning take out of the mold and cut in slices. Have ready a frying-pan in which has been melted one teaspoonful of butter. Put in the mush and fry slowly until a delicate brown. Turn and put in another teaspoonful of butter and brown. Serve with maple sirup. Enough for two mornings.

Chops en Papillote—Take lamb chops, trim, and lay on buttered papers. Make a thick sauce with one cup of boiling water, thickened with one heaping tablespoonful of flour and one tablespoonful of butter, cooked together, and flavored with one-quarter teaspoonful of salt and one teaspoonful chopped parsley. Spread the sauce over the chops in the papers, fold the edges, place in a pan in a moderate oven and bake for ten minutes. Serve in the papers.

Casserole of Rice and Meat—Boil one cup of rice till tender. Chop very fine half a pound of any cold meat; season with half a teaspoonful of salt, one saltspoonful of pepper, one-fourth teaspoonful of celery salt and one teaspoonful of finely chopped onion. Add one beaten egg, two tablespoonfuls of fine cracker crumbs, and moisten with enough hot water to pack it easily. Butter a small mold, line the bottom and sides half an inch deep with the rice, pack in the meat, cover closely with rice and steam forty-five minutes. Loosen it around the edge of the mold, turn it out upon a platter and pour tomato sauce over it.

Tomato Sauce—One-half can tomatoes, one cup water in which has been dissolved one tablespoonful cornstarch, one tablespoonful butter, one-half teaspoonful salt. Stir all together and simmer ten minutes, stirring often.

Sponge Drops—Four eggs, one-half cup of powdered sugar, one-half teaspoonful vanilla extract and three-quarters of a cup of flour. Beat the yolks until light. Add the sugar gradually and beat again. Add the flavoring and beat. Whip the whites until stiff and cut them in lightly; then sift in the flour and fold it in carefully without stirring. Drop by the spoonful on a buttered pan and sprinkle sugar over them and bake fifteen minutes in a very slow oven.

Prune Soufflé—To one cup stewed prunes, stoned and chopped, add one-half cup sugar and the whites of three eggs beaten stiff. Mix well. Sprinkle one teaspoonful of sugar over the top and bake ten minutes. Serve with a sauce made of one cup whipped cream, one and one-half teaspoonfuls sugar and one-half teaspoonful vanilla, whipped thoroughly together.

Racahout des Arabes—One teaspoonful grated chocolate, two tablespoonfuls rice flour, one-half tablespoonful arrowroot, one tablespoonful powdered sugar. Thoroughly mix and rub these materials together. Take two scant tablespoonfuls of the mixture and wet with one cup water. Stir slowly into one quart of hot milk and boil five minutes. Very healthful and nutritious. There is enough of the mixture for two days.

Roast Fillet of Veal—Get a thick piece of veal from the upper part of the leg and have the bone removed. Fill the cavity with a stuffing made of one cup of bread crumbs moistened with one-half cup of water, one-third of a cup of melted butter, one-fourth teaspoonful of salt, one-half saltspoonful of pepper and one-half teaspoonful of powdered thyme. Tie into a round shape. Dredge with salt, pepper and flour. Put strips of pork over the top and bake. Add water as soon as the flour has browned and baste often. Cover with a paper to prevent burning and allow half an hour to a pound.

Orange Charlotte—One-third box gelatine, one-third cup cold water, one-third cup boiling water, one cup sugar, juice of one lemon, one cup orange juice and pulp, whites of three eggs. Line a bowl with lady-fingers, or sections of orange, as preferred. Soak the gelatine in cold water till soft. Pour on the boiling water, add the sugar and the lemon juice. Strain the orange juice and pulp and add with a little of the grated rind. Set in a pan of very cold water. When it begins to harden beat it till light. Add the beaten whites, and beat together till stiff enough to drop. Pour into the mold. Miss Alice A. Huling.

Wheaton, DuPage County, Ill.

MONDAY, MAY THE THIRD.

BREAKFAST.

Sliced oranges with sugar.
Oatmeal blanc-mange. Ham toast.
Radishes. Johnnycake.
Coffee.

LUNCHEON.

Salt mackerel with cream sauce.
Broiled potatoes. Cream waffles.
Tea.

DINNER.

Tomato soup.
Beefsteak and kidney pudding.
Potato snow. Parsnip fritters.
Lettuce. White puffs, lemon sauce.
Café au lait.

Oatmeal Blanc-Mange—Bring one quart of sweet milk to a boil and stir in one-half cupful of fine oatmeal, thinned with a half-cupful of water; add one-half teaspoonful of salt; cook twenty minutes, stirring well; four minutes before removing from the fire stir in two eggs very well beaten. Serve each dish with cream and sugar.

Ham Toast—Mince finely a quarter-pound of cooked ham with an anchovy, boned and washed; add a dash of cayenne and pounded mace; beat up an egg, mix with the mince and add a quarter-cupful of milk. Put on fire in sauce-pan for three minutes and serve on toasted bread.

Salt Mackerel with Cream Sauce—Soak one pound of mackerel over night in lukewarm water, changing this in the morning for cold water; rub all the salt off and wipe dry; grease your gridiron with suet and rub the fish on both sides with a tablespoonful of melted butter; then broil quickly over a clear fire, turning with a cake turner so as not to break it; lay upon a hot-water dish and cover until the sauce is ready; heat a teacupful of milk to scalding; stir into it a teaspoonful of cornstarch, wet with as much water; when this thickens add two tablespoonfuls of butter, a dash of pepper and a pinch of salt and a tablespoonful of minced parsley; beat an egg light, pour the sauce gradually over it, put the mixture again over the fire and stir one minute, not more; pour upon the fish and let it stand, covered, over the hot water in the chafing-dish; put fresh boiling water under the dish before sending to table.

Broiled Potatoes—Cut four cold boiled potatoes in slices, lengthwise, quarter of an inch thick; dip each slice in two table-

spoonfuls of wheat flour on a saucer and lay them on a greased gridiron over a bright fire of coals; when both sides are browned nicely take them on a hot dish, sprinkle lightly with salt and pepper and pour an ounce of melted butter over them and serve hot.

Cream Waffles—Three tablespoonfuls of cornstarch and one cup of flour, stirred smoothly together; add a saltspoon of salt. Gradually mix in a pint of sour milk, one egg, well beaten, and a small teaspoonful of soda dissolved in a tablespoonful of water; pour into hot waffle irons; bake ten minutes and spread with butter before sending to table.

Beefsteak and Kidney Pudding—Divide two pounds of rump steak into inch-square pieces, and two kidneys, each into eighth pieces. Make a crust of six ounces of finely chopped beef suet and one-quarter teaspoonful of salt rubbed well into a pound of flour; work the whole to a smooth paste with one-half pint of milk; roll it out and line a deep dish, leaving an inch of crust to overlap the edge and enough left for the top crust. Then cover the bottom with a portion of the steak and a few pieces of kidney; season with a light sprinkling of pepper, salt and flour; add another layer of steak, kidney and seasoning. Proceed in this manner till the meat is all used, when pour in sufficient water to come within two inches of the top of the basin. Moisten the edge of the crust, cover the pudding over, press the two crusts together that the gravy may not escape and turn up the overhanging paste. Wring out a cloth in hot water, flour it and tie up the pudding. Put it into boiling water and let it boil four hours. If the water diminishes always replenish with some hot from a kettle, as the pudding should be kept covered with it all the time and not allowed to stop boiling. When the cloth is removed cut a round piece in the top of the crust to prevent the pudding bursting and send it to the table in the basin, either in an ornamental dish or with a napkin pinned around it. Serve quickly.

Potato Snow—Choose six large white potatoes, as free from spots as possible; boil them in their skins in water (to which a tablespoonful of salt has been added) until perfectly tender; drain and dry them thoroughly by the side of the fire and peel them. Put a hot dish before the fire; rub the potatoes through a coarse sieve on to this dish; do not touch them afterward, or the flakes will fall, and serve as hot as possible.

White Puffs—Whisk the whites of four eggs, whipped stiff, and one scant cup powdered sugar to a meringue, and add this alternately with one heaping cup of flour, well sifted, with a teaspoonful of baking-powder, to a pint of milk; add the grated peel of half a lemon and a pinch of salt; beat until the mixture is very light and bake in buttered cups or tins ten minutes in a quick oven. Turn out on a plate. Sift a teaspoonful of powdered sugar over them and serve with lemon sauce. These are delicate in texture and pleasing to the eye.

Lemon Sauce—Put in a tin pail a mixture of one cup sugar,

half a cup of butter, one egg, one lemon, juice and grated rind; three tablespoonfuls of boiling water, and thicken by placing and stirring for one minute over steam of boiling water in kettle.

Café au Lait—Take a pint each of hot made coffee and boiling milk; strain through thin muslin into coffee-pot, to get rid of the grounds, and serve hot. Miss Vera Emma England.

No. 1339 Belmont Avenue, Lake View.

TUESDAY, MAY THE FOURTH.

BREAKFAST.

Ambrosia. Wafers.
Fricasseed eggs.
Graham cakes. Maple sirup.
Coffee.

LUNCHEON.

Asparagus in ambush. Stuffed potatoes.
Jelly-cake fritters.
Tea.

DINNER.

Catfish soup.
Mock pigeons. Summer salad.
Potato puff. Cheese fondu.
Frost pudding. Coffee.

Wafers—One pound of flour, two tablespoonfuls butter, a little salt. First, mix with sweet milk into a stiff dough. Second, roll out very thin, into round cakes. Third, roll these as thin as they can be handled—should be no thicker than writing paper. Fourth, bake in a quick oven.

Graham Cakes—Two cups graham flour, one cup white flour, three cups sour milk or buttermilk, one full teaspoonful soda dissolved in a little water, one teaspoonful salt, one heaping tablespoonful lard, three eggs beaten very light. Bake at once on a griddle.

Asparagus in Ambush—First, take one large bunch of asparagus; chop and boil in just water enough to cook it tender. Second, have ready a half-dozen stale biscuits or rolls, from which you have cut a neat top slice and scraped out the crumb; set them in the oven to crisp, laying the tops beside them, that the cavities may be well dried. Third, put into a saucepan one-half pint milk; let it come to a boil and add two well-beaten eggs; stir until thick, then add a spoonful of butter and season with a saltspoon of salt and pinch of pepper. Fourth, add the aspara-

gus and stir until very hot, but do not let it boil. Fifth, fill the rolls with the mixture; put on the tops, rub butter over and set in the oven for three minutes.

Stuffed Potatoes—First, take six medium-sized, fair potatoes, bake until soft and cut a round piece off the top of each. Second, scrape out the inside carefully and set aside the empty cases with the covers. Third, mash the inside very smoothly, working into it while hot some butter and cream—about half a teaspoonful for every potato. Fourth, add a saltspoonful of salt and a dash of pepper and a tablespoonful of finely chopped cold meat for each potato. Fifth, work it very soft with milk and stir in one well-beaten egg for the six potatoes. Sixth, boil up once, fill the skins with the mixture, and, replacing the caps, return to the oven for three minutes. Send to table in a napkin.

Jelly-Cake Fritters—First, cut some stale sponge cake or plain cup cake into rounds with a cake-cutter. Second, fry in hot lard and butter. Third, dip each slice for a second in hot milk. Fourth, lay on a hot dish and spread with strawberry jam, peach jelly or other fine conserve. Eat with cream.

Catfish Soup—Few persons are aware into what a variety of tempting dishes this much abused fish can be made. Three half-pound catfish, one-fourth pound salt pork, one cup of milk, one egg, one teaspoonful celery-end. First, clean the fish and cut them up. Second, chop the pork. Third, put these into the pot with one quart water, some sweet herbs and the celery. Fourth, boil until the fish is in rags and strain. Fifth, return to the saucepan and add the milk, which should be hot, then the egg beaten to a froth and a lump of butter. Sixth, boil up once and serve with dice of toasted bread.

Summer Salad—Two small heads of lettuce, one teaspoonful green mustard leaves, a small handful of watercresses, three tender radishes, one small cucumber, two hard-boiled eggs, one teaspoonful white sugar, one-half teaspoonful each of salt, pepper and made mustard, one-half teacupful vinegar and one tablespoonful salad oil. First, mix the dressing by rubbing the yolks to a powder and adding the sugar, mustard, pepper, salt and oil. Second, let it stand five minutes and beat in the vinegar. Third, chop up the hearts of the lettuce, the radishes and cucumber into very small pieces. Pour over the dressing and stir carefully, not to bruise the young leaves.

Mock Pigeons—First, take the bone from two fillets of veal; flatten them with the broad side of a hatchet and spread with a forcemeat of seasoned crumbs. Second, roll up these and bind in oblong shapes with string; put in a covered dripping-pan with two cupfuls of water, and bake for two hours. Third, when done season the gravy with pepper, salt and tomato catchup and thicken with browned flour; pour half of it over the meat and send the remainder to the table in a boat.

Frost Pudding—One-half package gelatine, three eggs, one pint milk, two cups sugar and one lemon. First, soak the gelatine one hour in a teacupful cold water. Second, add one pint of boil-

ing water and stir till gelatine is dissolved. Third, add two-thirds the sugar and the lemon juice. Fourth, beat the whites of the eggs to a stiff froth, and when the gelatine is quite cold whip it in a spoonful at a time. Fifth, when it is very stiff pour into a mold and set in a cold place. Sixth, make a custard of the milk, yolks of the eggs and remainder of the sugar; flavor with vanilla and pour around the base of the meringue. Mantie L. Hunter.

No. 403 Mahoning Avenue, Warren, O.

WEDNESDAY, MAY THE FIFTH.

BREAKFAST.

Oranges.
Graham mush with cream.
Eggs brouillé.
Doughnuts.
Coffee.

LUNCHEON.

Something for luncheon.
Fresh bread and butter.
Cream puffs. Preserved peaches.
Cocoa.

DINNER.

Julienne soup. Crackers.
Baked whitefish. Mashed potatoes.
Turnips. Lettuce with salad dressing.
A new dessert. Chocolate cake.
Coffee or tea.

Eggs Brouillé—Beat six eggs, half a cupful of milk or cream, one-half teaspoonful of salt, and a sprinkling of pepper together. Cut two mushrooms into dice and fry for one minute in two tablespoonfuls of butter. Pour the eggs over the mushrooms and stir over the fire until the mixture thickens. Take from fire and beat rapidly until the eggs become thick and creamy. Have slices of toast on hot dish. Heap the mixture on these and garnish with parsley. Very nice.

Something for Luncheon—A good dish for luncheon is made from cold meat, either lamb or veal, chopped and mixed with chopped nuts, in the proportion of twenty-eight nuts to a pint of meat. Blanch nuts before using. Season this quantity with a dash of pepper and half a teaspoonful of salt and bind together with a beaten egg. Make into small balls, put in a baking-dish with a half pint of strained tomato poured around them and cook

fifteen minutes. Put the balls on a hot plate, cook the tomato until it thickens, season with a saltspoonful of salt, a dash of pepper, a tablespoonful of butter and serve poured around the meat.

Cream Puffs—Boil one cup of water and one-half cup butter together and stir in one cup flour, stirring until smooth. When cool add three eggs. Beat well and drop on greased tins and bake in rather hot oven thirty minutes. When cool slit along one side with a sharp knife and fill with a cream made as follows: Beat two eggs and two-thirds of a cup of sugar until light and stir into one pint of boiling milk. When thick remove from the stove, cool and flavor with one-half teaspoonful vanilla.

Baked Whitefish—Clean, wash and wipe a three-pound fish. Make a stuffing of one and one-half cups dry bread crumbs, a heaping tablespoonful of butter, one-half teaspoonful salt and a sprinkling of pepper, moistened with one beaten egg. Stuff the fish and sew it up. Lay it in the baking-pan, pour in one teacup of vinegar and bake one hour, basting with butter and water. Take it up, put on a hot platter while you boil up the gravy, thickened with two tablespoonfuls of browned flour and seasoned with one-third teaspoonful of salt and a saltspoonful of pepper.

A New Dessert—Whip a pint of cream to a froth and color a very pale green with vegetable coloring. Soak a fourth of a box of gelatine in a quarter of a cup of cold water until soft, then set it in hot water until it dissolves. Stir three ounces of powdered sugar into the whipped cream. Then strain in the gelatine and mix thoroughly, but lightly. When the mixture begins to thicken add one-half teaspoon of vanilla. Add half a cupful of blanched almonds chopped very fine. Pour into small glasses ready for serving, and serve very cold.

Chocolate Cake—One cup of sugar, one heaping tablespoonful of butter, two eggs, one-third of a cup of milk, two-thirds of a cup of chocolate and one-fourth of a cup of boiling water, turned on the chocolate, one and one-half cups flour, two teaspoonfuls baking powder, one teaspoon of vanilla. Bake in three layers.

Filling—Two-thirds of a cup of milk and two cups of sugar. Boil ten minutes; take from the stove and stir until it creams.

Bozeman, Mont. Mrs. F. W. Van Allen.

THURSDAY, MAY THE SIXTH.

BREAKFAST.

Baked bananas.
Graham mush, with butter and sirup.
Tongue toast. Cinnamon cake.
Coffee.

LUNCHEON.

Collops in batter. Radishes.
Brown bread and butter.
Charlotte de Pomme. Fruit cookies.
Tea.

DINNER.

Mock oyster soup.
Veal potpie. Spinach à la crème.
Bean polenta. Cucumber pickles.
Chocolate pie. Coffee.

Baked Bananas—Strip off one side of the banana and loosen the shell. Sprinkle a tablespoonful of sugar over each. Run them into a quick oven for about twenty minutes. Lift carefully and serve.

Tongue Toast—Take cold boiled tongue, mince it fine, mix with cream, and to every half pint of the mixture allow the well-beaten yolks of two eggs. Place over the fire and let simmer two minutes. Have ready some toasted bread, butter it, place on a hot dish and pour the mixture over it. Send to the table hot.

Cinnamon Cake—Set sponge as for bread. Take one pint of sponge, one egg, one-half cup of butter, one-half cup of granulated sugar, one cup of flour. Stir all together and let it raise. Next mix in flour enough to make dough like light biscuit. Roll out one inch thick, place in a pan. Sprinkle it with two heaping tablespoonfuls of granulated sugar, two teaspoonfuls of cinnamon, and dot with one tablespoonful of butter. Set in a warm place, and when light bake in moderate oven twenty minutes.

Collops in Batter—Use rare roast beef or cold veal. Cut into pieces one inch thick, two inches wide and three inches long. Put a tablespoonful of beef drippings or butter into a pan; shred an onion and brown one tablespoonful of it in the hot fat. If there is gravy left from a previous meal add half a pint to the onion in the pan. Should there be none use instead half a pint of hot water thickened with one teaspoonful of flour, rubbed smooth with cold water. Add saltspoonful of salt and half as much pepper. When it boils pour over the meat in a baking dish and cover all with a batter made as follows: Mix one cup of flour and a pinch of salt with two-thirds of a cup of milk; stir in one egg beaten light and one teaspoonful of baking powder. Bake until the batter is a delicate brown, which will be about twenty minutes.

Charlotte de Pomme—Pare and quarter eight tart apples and put them into a kettle with two cups of sugar and half a pint of water. Let them steam gently until clear. Line a deep baking-dish with slices of sponge cake, turn the apples in, make a hole in the center and fill with currant jelly. Set in a slow oven for

one hour. Serve cold for luncheon with sugar and cream. This is a very delicious dessert.

Fruit Cookies—Two cups of sugar, one of butter, two of raisins chopped, two eggs, two tablespoonfuls of sour milk, one-fourth teaspoonful of soda, one-half teaspoonful each of nutmeg and clove. Mix in just flour enough to roll, and bake in quick oven.

Mock Oyster Soup—Four onions, four large potatoes; cook in two quarts of water until soft; mash fine, add one quart of cream or rich milk and one teaspoonful of salt, with half as much pepper.

Spinach à la Crême—Four quarts of spinach, one large head of lettuce, one tablespoonful of butter, one teaspoonful of salt, half a teaspoonful of sugar, a grating of nutmeg, one teaspoonful of flour mixed with half a pint of cream or sweet milk. After the spinach and lettuce have been cleaned put them in a stew-pan with one quart of boiling water and boil rapidly for five minutes, after which turn the vegetables into a colander and pour a quart of cold water over them. Press as much water as possible from the vegetables and chop very fine. Put the butter into a stew-pan on the fire. Add the minced vegetables and seasonings, and cook gently for fifteen minutes; add flour and cream and cook fifteen minutes longer. Serve on small squares of toast.

Bean Polenta—Wash common white beans (a pint), put them into two quarts of cold water and boil until soft and mealy. This will require about three hours. Add two tablespoons of molasses, one teaspoon of salt, one of mustard, one-half tablespoon of olive oil or butter, one-half teaspoon of pepper, one tablespoon of vinegar; stir these in well and cook for ten minutes. The beans when done should be quite dry. Mrs. G. La Bar.

Perea, N. M.

FRIDAY, MAY THE SEVENTH.

BREAKFAST.

Bananas.
Molded farina, cream, sugar.
Poached eggs, Spanish style.
Breakfast fruit cake.
Coffee.

LUNCHEON.

Scalloped shad roes. Watercress.
Cottage cheese. Spanish shortcake.
Peach soufflé.
Tea.

DINNER.

Leek soup.
Lettuce.
Stuffed baked shad. Mashed potatoes.
Rhubarb fritters. Frosted rice.
Coffee.

Poached Eggs, Spanish Style—Heat an earthen dish slowly and melt in it a tablespoonful of butter, add a full half-teaspoonful of salt, a quarter teaspoonful of pepper and a small onion, minced very fine; or, instead of onion, use parsley and sweet herbs, or a combination of all together. Drop in six eggs, one at a time; do not stir, but let them brown a little; turn carefully and brown on the other side. Serve in the same dish as hot as possible.

Breakfast Fruit Cake—One pound cold boiled potatoes mashed smooth; add one pound flour, half pound finely chopped suet, a little less than half pound of currants and two ounces moist sugar. A teaspoonful of baking powder should be mixed with the flour in its dry state. Roll out the dough to half-inch thickness and bake in a moderate oven. Cut into squares and serve hot.

Scalloped Shad Roes—Remove roes from shad and boil in water with a little vinegar; lay in cold water five minutes and wipe dry; crumble but not crush; pound yolks of three hard-boiled eggs to powder and beat into a cup of drawn butter; add half teaspoonful of salt and quarter teaspoon pepper and then the roes; pour on to a layer of seasoned crumbs in a bake dish and cover with crumbs (about a cup of crumbs in all); stick dots of butter over the top and bake covered until it begins to bubble; then brown on upper grating of oven.

Spanish Shortcake—Take three eggs, half a cupful of butter, one cup of sugar, two-thirds of a cup of sweet milk, a teaspoonful of cinnamon, two cups of flour and one teaspoonful of baking powder; stir the flour in, do not knead it; the eggs, butter and sugar should be beaten together till very light. Bake in a shallow tin; when it is done spread a thin frosting over the top; make this of the white of one egg, a little pulverized sugar and a teaspoonful of cinnamon; set it in the oven to brown.

Frosted Rice—Boil one teacup rice in milk till very tender; add saltspoon salt. Beat yolks of three eggs with this in a deep dish. Beat three whites to a stiff froth with two tablespoonfuls of sugar and a little grated lemon. Spread over rice and brown in oven. Put on ice and serve cold.

Leek Soup—Cut half-dozen leeks in shreds of about three-fourths of an inch; put into a saucepan with four tablespoonfuls of butter, and fry for five minutes; add two quarts of boiling milk, three raw potatoes cut in small, thin squares; boil one-half hour; add one tablespoonful flour rubbed in one of butter, two small teaspoonfuls of salt, one teaspoonful of parsley, chopped fine; boil two minutes and serve.

Stuffed Baked Shad—After fish is thoroughly cleaned, stuff with the following: Two cups of breadcrumbs, one onion, chopped fine, butter size of egg, half-teaspoonful pepper and one teaspoonful of salt, half-cupful of tomatoes, if you have any, or may be omitted. Sew up fish; sprinkle with butter, pepper and salt; dredge with flour, and bake one hour, basting often, and serving with parsley or egg sauce.

Rhubarb Fritters—Peel young rhubarb and cut the stalks into lengths of about two or two and a half inches. Make a batter by mixing six large tablespoonfuls of flour with a pint of milk, as smoothly as possible; add ¼ teaspoonful of salt and two well-beaten eggs; dip each piece into the batter and fry in boiling lard until a nice golden brown. Serve very hot, piled high on a napkin, and well powdered over with sugar. Half this quantity will be enough for a small dish.

Peach Soufflé—Press the peaches from a can through a sieve, adding half pound of powdered sugar and the whites of three eggs; beat well with an egg-beater five or six minutes. Then take the whites of six or seven eggs and beat them to a stiff froth; mix well together. Put this on a dish in a well-heated oven five or six minutes before serving. Sprinkle powdered sugar on top.

Mrs. C. J. Sunde.

No. 328 South Western Avenue, Chicago.

SATURDAY, MAY THE EIGHTH.

BREAKFAST.

Wheatall, sugar and cream.
Watercresses. Parsley omelet.
Popovers. Coffee.

LUNCHEON.

Kedgeree with lettuce and French dressing.
Thin-sliced bread and butter.
Sliced bananas with cream.
Tea.

DINNER.

Corn soup.
Roast of veal stuffed, horseradish.
Scalloped potatoes. Radishes. Parsnips fried.
Coffee jelly with whipped cream.
Child's ginger wafers.

Wheatall—To one quart boiling water add half teaspoonful salt, then stir in one teacupful wheatall, letting it run through the fingers slowly to prevent lumps; stir well; cook two minutes.

Corn Soup—One can of corn, one quart of milk, butter the size of an egg, one teaspoon salt and one-fourth teaspoon pepper, one tablespoonful of cornstarch. Let the corn, with a quart of cold water, boil in a double boiler for one hour; strain through a colander; mix the butter and cornstarch together and add, with the milk heated. Let it all come to a boil and serve. (The beaten white of an egg may be added just before serving, to make lighter, if desired.)

Scalloped Potatoes—One-half dozen good-sized potatoes sliced raw, butter the size of an egg, a teaspoonful of chopped onion, one teaspoonful of salt and a quarter of a teaspoonful of pepper. Cover bottom of baking dish with a thick layer of potatoes, season with bits of butter, onion, pepper and salt; then a layer of potatoes, and so on until the dish is full. Cover with milk and bake slowly about two hours.

Coffee Jelly with Whipped Cream—Dissolve one-quarter of a box of gelatine in three tablespoonfuls of cold water; add this to two cupfuls of strong coffee (left over from breakfast) with two and one-half tablespoonfuls of sugar, put into a one-quart mold, set in a cold place. Whip one pint of cream and pour over it before serving. Miss Elizabeth H. Baird.

No. 465 Dearborn Avenue, Chicago.

SUNDAY, MAY THE NINTH.

BREAKFAST.

Rhubarb sauce.
Chicago muffins. Fried perch.
Fried potatoes.
Coffee.

LUNCHEON.

Giblet patties. Welsh rarebit.
Rusks. Russian tea.

DINNER.

Ox-tail soup.
Spring lamb. Mint sauce.
Green peas. Lettuce and beet salad.
Neapolitainoes.
French coffee.

Chicago Muffins—Mix together one and a half pints of flour, half a pint of cornmeal, two teaspoonfuls of baking powder, one tablespoonful of sugar, one teaspoonful of salt. Work in one tablespoonful of butter or lard, beat and add three eggs and one pint of milk and beat the whole quickly into a firm batter. The

muffin rings should not as a rule be more than half filled. The griddle should be hot and well greased to receive the rings. When the batter rises to the top the muffins are usually ready to turn. Serve with maple sirup if you have it on hand.

Giblet Patties—Clean one-half pound of giblets well, stew in a pint of water with onion, pepper, salt, thyme and a little parsley until nearly done; add one pound of lean beef or fresh pork, cut in small strips and stew with giblets fifteen minutes; thicken with one tablespoonful flour. Puff paste for giblets: One quart of flour, one pound of lard, salted; mix flour and lard together, a little baking powder will improve it; mix with ice-cold water, handle quickly; put under crust in patty-pans, and fill with giblets, cover with crust and bake in quick oven.

Russian Tea—Pare and slice one juicy lemon, lay a piece in the bottom of each teacup, sprinkle with a little sugar and pour hot tea made of best uncolored Japan on the lemon. Do not use cream.

Ox-Tail Soup—Cut one ox-tail into joints and fry brown in good dripping. Slice three onions and two carrots and fry in the same dripping when the ox-tail has been taken out. Tie these with thyme and parsley in a cheese cloth bag and drop into soup-pot containing four quarts of water. Put in the ox-tail and one pound of beef cut in fine strips; let simmer several hours; grate over these two carrots, with a half teaspoon pepper and one teaspoon salt, add a little celery seed if you have it; strain and thicken with browned flour. Boil fifteen minutes.

Mint Sauce—Use the young leaves of mint, chopped fine, adding two tablespoonfuls of sugar to three of mint; after mixing add six tablespoonfuls of cider vinegar. The same should be made in advance of meal in order to get the full flavor of the mint.

Lettuce and Beet Salad—Take crisp, fresh lettuce, wash and wipe dry; pile in circle in salad bowl; cut boiled beets into hearts, stars and diamonds, with vegetable cutters; place in center of salad bowl and serve with salad dressing.

Neapolitainoes—Make enough puff-paste for a pie; roll into a sheet half an inch thick, cut into strips three inches long and one and a half inches in width. Bake in quick oven; when done spread half of the strips with jam or jelly and put the other half over, forming pairs with jelly between. Cover with frosting or dust with sugar.

Mrs. P. A. Vanderpool.
Box 337, Lake Geneva, Wis.

MONDAY, MAY THE TENTH.

BREAKFAST.

Bananas.
Fried cornmeal mush.
Radishes. Broiled breakfast bacon. Buttered toast.
Coffee.

LUNCHEON.

Fruit salad. Minced ham.
Thin buttered bread.
Young onions.
Tea.

DINNER.

Tomato soup.
Fresh boiled beef. Horseradish sauce.
Browned mashed potatoes.
Asparagus.
Cup rice. Pound cake.
Coffee.

Fruit Salad—Pare and slice thin three oranges and two apples; serve on lettuce with mayonnaise sauce.

Mayonnaise Sauce—One egg beaten light; olive oil and lemon juice. Add oil and lemon alternately, a few drops at a time, beating steadily until consistency of thick cream. Pinch of cayenne pepper.

Minced Ham—Take small pieces of cold boiled ham, which cannot be used to slice. Chop fine with three or four medium-sized pickles and spoonful made mustard. Form into a mound.

Fresh Boiled Beef—Wash in cold water four pounds brisket. Put into boiling water and skim. Add two teaspoonfuls of salt, a few whole peppers, one sliced onion and one sliced carrot. Boil almost two hours. Slice, pour over just a little stock, garnish with parsley, and over all pour the sauce.

Horseradish Sauce—Put in saucepan one-third cup butter and melt. Stir in one-half cup flour. When hot pour in one pint boiling milk, stir briskly to a smooth sauce, let it boil twenty minutes, season with one-half teaspoon salt and a pinch of cayenne pepper, strain, add two stalks grated horseradish.

Cup Rice—Boil sufficient rice for five people. When done add one cup seeded raisins. Pour into small cups until cold. Turn out into dishes and pour over cream, sweetened and flavored with nutmeg.

Pound Cake—One pound powdered sugar, one pound butter, one pound flour and ten eggs. Rub butter and sugar together ten minutes, add the well-beaten eggs, three at a time, and then the flour. Flavor with lemon and mace. Sufficient for several meals.

Mrs. A. M. Landis.
No. 1115 North Clark Street, Chicago.

TUESDAY, MAY THE ELEVENTH.

BREAKFAST.

An excellent breakfast dish.
Drop biscuits, with butter.
Coffee.

LUNCHEON.

Cheese fondu.
Bread and butter. Radishes.
Comfits. Maple sirup.
Tea.

DINNER.

Brazilian stew.
Browned whole potatoes.
Asparagus en canapé.
Strawberry cream.
Coffee.

An Excellent Breakfast Dish—Add to one pint of cold minced meat (any kind) one-quarter of a pint of bread crumbs; season with two-thirds of a teaspoonful of salt and a dash of pepper; mix thoroughly; divide the mixture in five parts, spread in small saucers; place a piece of butter half the size of a nutmeg in each. Break an egg on top of each, set in a hot oven; when they begin to cook dust lightly with finely rolled crackers. Serve hot.

Drop Biscuit—One quart of flour, two teaspoonfuls of baking powder, a lump of lard the size of a small walnut, one teaspoonful of salt; sift the baking powder in the flour, add the salt, rub the lard into the flour; add enough cold water to make a stiff batter, from one pint to one pint and a half. Stir well; drop in greased pan; bake in hot oven.

Cheese Fondu—One pint sweet milk, one bowl bread crumbs, one bowl cheese cut in small pieces, stir until smooth; add one beaten egg, saltspoon of salt, then set away until half-hour before using. Place in oven long enough to brown, in dish in which it is served.

Comfits—Beat two eggs, add one cup sugar, one cup sweet milk, a pinch of salt, pinch of cinnamon, two teaspoonfuls baking powder stirred in three cups of flour; beat all together until smooth; drop half a dessertspoonful in hot lard; brown lightly; turn them gently.

Brazilian Stew—Two pounds veal cut in small pieces, one-half pound salt pork sliced thin, four quarts water, three tablespoons vinegar; boil one hour; skim thoroughly; after skimming add one chopped onion and two chopped turnips,

one-quarter teaspoon pepper. Then place all in a pan, put in oven and stew slowly two hours. Delicious.

Asparagus en Canapé—Cut in half-inch pieces the tender parts of two bunches of asparagus; boil until tender in sufficient water to cover, add one-half teaspoon salt; while cooking cut five slices of bread two inches thick, trim in square pieces; scoop out a well in center of slice, brush over with melted butter, place in oven to brown. Drain asparagus; put pint of milk in dish and set in another dish of hot water; when hot add four beaten eggs, stir until smooth; season with one-half teaspoon salt, two dashes of pepper and butter size of an egg, then stir in asparagus, fill squares with mixture; serve hot.

Strawberry Cream—Soak one-half box gelatine in one-half cup of cold water until soft; dissolve in one-half cup boiling water, then strain through flannel bag. Mash one quart strawberries, add one cup sugar, rub through a sieve; add gelatine water, stir until thick, after which add one pint sweet whipped cream and stir all together. The juice of half a lemon added to gelatine water is an improvement. After the cream is stirred well it should cool thoroughly, when it will be like a fine sponge in texture and a beautiful pink color. Elizabeth Barber.

Hastings, Mich.

WEDNESDAY, MAY THE TWELFTH.

BREAKFAST.

Bananas.
Chops. Saratoga chips.
Buttered toast. Coffee.

LUNCHEON.

Golden chestnut salad. French rolls.
Iced apples. Tea.

DINNER.

Chicken cream soup.
Potato snow. Chicken soufflé.
Stewed tomatoes.
Cranberry tart pie. American cheese.
Chocolate.

Golden Chestnut Salad—Shell, boil and blanch until tender, one pint of chestnuts. Drain, dust and set aside to cool. Hard-boil two eggs. At serving time arrange lettuce in a salad bowl, put the chestnuts over and then a nice French dressing, using lemon juice instead of vinegar. Hold a small sieve over the

bowl, rub the yolks through it, with which cover the salad lightly.

Iced Apples—Pare and core one-half dozen large apples; fill with sugar and a little butter and nutmeg; bake until nearly done. Let cool and remove to another plate. Ice tops and sides with caking ice and brown lightly. Serve with cream.

Chicken Cream Soup—Cut an old chicken into quarters, put it into a soup-kettle with half a pound of corned ham and an onion; add three quarts of cold water. Bring slowly to a gentle boil and keep this up until the liquid has diminished one-third and the meat drops from the bones; then add one-half cup of rice. Season with one-fourth teaspoon pepper, and a bunch of chopped parsley. Cook slowly until the rice is tender; then the meat should be taken out. Stir in two cups of rich milk thickened with a little flour.

Cranberry Tart Pie—Wash, pick and stew berries in just enough water to cover them. When they burst open, sweeten well and mash smooth. Line pie-plate with thin puff-paste, fill and lay strips across the top; bake in a moderate oven. You may rub berries through a colander to free from skins.

Mrs. H. A. Sampson.

Mitchell, S. D.

THURSDAY, MAY THE THIRTEENTH.

BREAKFAST.

Steamed rhubarb.
Chartreuse of fish. Gluten gems.
Rice crusts, white-sugar sirup.
Coffee.

LUNCHEON.

Curried eggs. Buttered toast.
Radishes. Jumbles.
Cocoa.

DINNER.

Sago soup. Crisped crackers.
Fricandeau of veal. Potato croquettes.
Creamed asparagus.
Cornstarch meringue. Vanilla wafers.
Tea.

Steamed Rhubarb—Wash, peel and cut the rhubarb into inch pieces. Put it into a double boiler; add sugar in the proportion of one cup of sugar for a pint of fruit, and cook till tender. Do not stir. If the rhubarb is very sour pour boiling water over it and let it stand five minutes, then drain and steam. Serve cold.

Rice Crusts—Cook one cup cold boiled rice in the double boiler with one-half cup milk until the rice is very soft. Add one tablespoonful of sugar, a saltspoonful of salt, one beaten egg and flour enough to make it hold together. Spread on a tin, having the mixture one-third of an inch thick. Bake in a very hot oven till brown. Split and eat with sirup.

White-Sugar Sirup—One cup sugar, one-third cup water, one teaspoonful butter. Boil the sugar with the water until it thickens slightly. Add the butter and serve hot as soon as the butter is melted.

Chartreuse of Fish—Take one cup of any cold fish, flake it and season with one saltspoonful of salt and a dash of pepper, and moisten with a little cream. Take the same quantity of seasoned mashed potatoes and two hard-boiled eggs. Butter a small mold and put in alternate layers of potatoes, fish and slices of egg. Steam twenty minutes, turn out upon a hot platter and garnish with parsley.

Gluten Gems—Two cups gluten flour, one-half teaspoonful salt, two teaspoonfuls baking powder, one tablespoonful sugar, one egg, two cups water. Sift the baking powder with the flour, add the water, sugar and salt, and then the beaten egg. Bake in very hot buttered gem pans in a hot oven half an hour.

Jumbles—One-half cup butter, one cup sugar, two cups of flour, two eggs, one tablespoonful milk, one heaping teaspoonful baking powder. Cream the butter, add the sugar, milk and beaten egg, and the baking powder mixed with the flour. Roll out the mixture one-third of an inch thick, cut with a doughnut cutter, sprinkle granulated sugar over and bake a delicate brown.

Sago Soup—One quart stock, two tablespoonfuls sago, one scant teaspoonful salt, one-half saltspoonful pepper. Wash the sago until it comes clear, put it to cook in cold water; let it heat slowly until quite tender, then add it to the boiling stock and serve.

Crisped Crackers—Split butter crackers and spread with butter; put them, the buttered side up, into a pan and brown in a hot oven. They are delicious in fish chowder and oyster stews.

Fricandeau of Veal—Get three pounds of lean veal from the top of the leg. Trim and rub well with salt, pepper and flour. Cut two small onions into dice and fry them till a light brown in salt-pork fat. Take out the onions and brown the meat all over in the fat, adding more fat if needed. Put the meat into a pan on skewers to keep it from sticking. Add one quart of boiling water and one tablespoonful of mixed herbs, tied in a bag. Cover closely and cook in a moderate oven three hours, basting every thirty minutes. Turn over in an hour and a half; add more water so as to have one pint left for gravy. When done take up the meat and remove the herbs from the gravy. Thicken the gravy with two tablespoonfuls of flour wet in a little cold water, add one-fourth teaspoon salt, one-half saltspoon pepper. Cook five minutes and pour the gravy over the meat.

Potato Croquettes—One pint of hot mashed potatoes, one

tablespoonful of butter, half a saltspoonful of white pepper, half a teaspoonful of salt, half a teaspoonful of celery salt, and the yolk of one egg. Mix all but the egg, and beat very light. When slightly cool, add the yolk of the egg and mix well. Rub through a sieve and add one teaspoonful of chopped parsley. Shape into round balls, then into rolls. Roll in fine bread crumbs, then dip in beaten egg, then roll in crumbs again. Fry in smoking hot lard one minute. Drain and serve in the form of a pyramid.

Creamed Asparagus—Wash carefully and break (not cut) into inch pieces as far as each stalk can be broken. When it will not snap off quickly, the stalk is too tough to be used. Cook in boiling salted water fifteen minutes. Drain and make a white sauce of one cup of the water in which the asparagus was cooked and one cup of milk, thickened with two heaping tablespoonfuls flour and two tablespoonfuls butter cooked together; season with one saltspoonful salt and half a saltspoonful white pepper. Have ready oblongs of toast. Put the asparagus on them and pour the white sauce over all.

Cornstarch Méringue—One pint hot milk, beaten yolks of three eggs, one and one-half tablespoonfuls of sugar, one-half saltspoonful salt, one-half teaspoonful vanilla, one heaping tablespoonful cornstarch, wet with enough milk to pour. Cook all together in a double boiler twenty minutes. Pour into a pudding-dish. Beat the whites of the eggs to a froth, add three tablespoonfuls of sugar gradually and beat till stiff enough to keep in shape. Put the méringue on the custard, set in the oven and brown the top. Serve with vanilla wafers.

Miss Alice A. Huling.

Wheaton, DuPage County, Ill.

FRIDAY, MAY THE FOURTEENTH.

BREAKFAST.

Bananas and cream.
Bacon and eggs. Baked potatoes.
Graham gems. Coffee.

LUNCHEON.

Cold tongue. Warm biscuit.
Moonshine. Chocolate.

DINNER.

Bean soup.
Baked fish, with dressing and sauce.
Turnips. Potato croquettes.
Apple batter pudding, caramel sauce.
Tea.

Moonshine—This dessert combines a pretty appearance with palatable flavor, and is a convenient substitute for ice cream. Beat the whites of six eggs in a broad plate to a very stiff froth, then add gradually six tablespoons powdered sugar (to make it thicken use more sugar up to a pint), beating for not less than thirty minutes, and then beat in about one heaping tablespoon of preserved peaches cut in tiny bits (or some use one cup of jelly), and set on ice until thoroughly chilled. In serving pour in each saucer some rich cream sweetened and flavored with vanilla. This quantity is enough for seven or eight persons.

Bean Soup—Boil a small soup bone in about two quarts of water until the meat can be separated from the bone; remove bone, add a coffeecup white beans which have been soaked for two hours, boil for an hour and a half, add three potatoes, half a turnip and a parsnip, all sliced fine; boil half an hour longer, and just before serving sprinkle in a few dry bread crumbs; season with three-quarters of a teaspoon salt and one-fourth teaspoon pepper.

Turnips—Pare, slice and cut in pieces an inch square; boil till nearly done in as little water as possible; to one quart of turnips add one tablespoon sugar, a little salt; when boiled almost dry add three tablespoons cream and a beaten egg and serve.

Apple Batter Pudding—Peel and slice very thin four large apples; make a batter of two eggs, pinch of salt, one cup sugar, one cup flour, one teaspoon baking powder, one-half cup boiling water (put in last); put layer of apples in a deep dish, sprinkle bits of butter and handful sugar over same, then batter, repeating until dish is full, having batter come on top. Steam one hour, and eat hot, with caramel sauce.

Caramel Sauce—One cupful granulated sugar, one cupful water. Put the sugar into an iron sauce-pan, stir with a wooden spoon over a quick fire until the sugar melts and turns an amber color, then add the water. Let boil two minutes and turn out to cool. Mrs. Agnes M. Dunning.

Huron, Beadle County, South Dakota.

SATURDAY, MAY THE FIFTEENTH.

BREAKFAST.

Cracked wheat and butter.
Mock quail on toast. Radishes.
Breakfast rolls. Cocoa.

LUNCHEON.

Fish croquettes. Potato puff.
Egg salad. Rice muffins.
Molasses cookies. Tea.

DINNER.

Soup en reverie. Favorite stew of beef,
Mushrooms and potatoes, with sauce.
Delicate salad. Wafers.
Cheese à la delicatesse.
Rhubarb dumplings, golden sauce.

Mock Quail on Toast—To prepare; select two medium-sized pork shanks, scrape well, wash thoroughly and wipe dry. Place a plate in the bottom of an iron kettle and place the shanks thereon. Pour over three pints of boiling water and a teaspoonful of salt and boil steadily until the flesh will readily fall from the bones. Pour off the liquor into a pan, lift out the plate of meat and set away to use as required; or proceed to prepare this dish named by selecting unbroken parts of the meat about three inches long. Lay them in a plate, in a steamer, over hot salted water. While steaming prepare a sauce by reheating one cupful of the pot liquor with one-half cupful of cream, one saltspoon of salt and one-fourth teaspoon of white pepper, a pinch of nutmeg (grated), if liked. Prepare five pieces of white bread toast, butter slightly, lay a piece of meat on each slice of toast, place on a platter and pour sauce over. If the sauce is preferred thickened, add one-half tablespoon of cornstarch rubbed smooth in milk, and allow to boil up once before pouring over toast. A very dainty dish.

Fish Croquettes—Stir one tablespoonful of butter and one of flour together in a sauce-pan over the fire and two-thirds cup of milk (water will do). Boil up once and add one small half-teaspoonful of salt, quarter as much pepper, then remove and stir in the yolks of two eggs. Rub a deep plate with salad oil, pour the mixture in and stir in gently one cupful of flakes of cold cooked fish. Allow to cool thoroughly. Make out into cork-shaped rolls. Wet the hands to prevent sticking. Roll in sifted bread crumbs, then in beaten egg; roll again in bread crumbs, lay in a wire basket, hang in boiling fat and fry a delicate brown. Lift out with a skimmer, lay on brown paper a moment. These are excellent. The finer the bread crumbs, the more sure one is of success.

Soup en Reverie—Cleanse well and cook half a pound of fresh spinach in one pint of cold water until it is soft enough to pass through a sieve. Add to it three cupfuls of unsalted beef stock, pass through a sieve, add one teaspoonful of salt, one-third teaspoon of pepper, and set over the fire. Then add five fried rice balls, five fried egg balls; boil five minutes, add five croutons and serve in cups.

Favorite Stew of Beef, Mushrooms and Potatoes with Sauce—Three and one-half pounds of rump from beef; wipe thoroughly and place in pot with five pints of boiling water and cook slowly and steadily, turning and lifting occasionally so it will cook evenly; if necessary to add more water, add only boiling water,

using as little as possible. Cook this one hour, then add one heaping teaspoonful of salt, one-fourth teaspoon of pepper. Smother gently two hours longer, when there should be about one cup of sauce in kettle. Add seven good-sized potatoes, cover very tightly and steam thirty minutes; do not allow to scorch. Remove meat and set in warming oven, and as soon as the potatoes are brown and tender lay on platter around meat. Set kettle over the fire, add half a can of mushrooms, stir and fry carefully eight minutes; then add one-half cup cold water, half a cup of cream and one heaping teaspoonful of cornstarch dissolved in a little cream; stir up well and bring to a boil. Take up the mushrooms, place around the platter with the potatoes. Serve sauce in sauce tureen.

Delicate Salad—One head of lettuce, six breakfast radishes (one cucumber, if in season) and one-half pint of the cold boiled pork shank. Pick the meat into flakes; use a salad plate; arrange alternately in layers as follows: Wash the lettuce, wipe quite dry by pressing in a napkin; slice the unpeeled radishes thinly; peel and slice the cucumber thinly; line the plate with lettuce leaves, sprinkle on lightly one-third of the pork, a layer of radishes, then some cucumber slices, lettuce, pork, radishes, cucumbers, and so continue until complete. Pour over—

White Mayonnaise Without Oil—Put the yolks of two raw eggs, one tablespoon of butter, a dash of cayenne pepper and one-fourth of a teaspoonful of salt in a saucepan over hot water; stir continuously. When it begins to thicken add by degrees two more tablespoons of butter. When thick and smooth strain into a bowl for future use. When ready to serve stir in four tablespoonfuls of whipped cream, and, if preferred, two tablespoonfuls of vinegar may be added.

Rhubarb Dumplings—Cut up and cook one and one-half pounds of rhubarb in one heaping cup of sugar and one-half cup of hot water. Cook seven minutes. Make a paste of one-half cup of flour, scant half-cup of butter and one-half teaspoonful of baking powder, bind together with cold water, roll out, cut in four-inch rounds. Place two tablespoonfuls of the stewed rhubarb in each round, gather up the dough into balls, pinch the edges together, brush with milk, sprinkle with sugar. Bake in hot oven. Serve with the remaining sauce, to which has been added a lump of butter the size of a hickory nut. Thicken with one teaspoon of cornstarch (or arrowroot) dissolved in one tablespoonful of cold water. Boil up. Serve hot. Mrs. Edith Uhlig.

Lock Box 56, Holdrege, Neb.

SUNDAY, MAY THE SIXTEENTH.

BREAKFAST.

Stewed rhubarb.
Broiled shad. Broiled potatoes.
Wheat muffins.
Coffee.

LUNCHEON.

Deviled clams.
Lettuce sandwiches
Lemon jelly.
Tea, hot or iced.

DINNER

Cream of cheese soup. Crackers.
Veal cutlet au gratin. Riced potatoes.
Asparagus on toast.
Dandy pudding.

Stewed Rhubarb or Pieplant—Wash the stalks well in cold water; if very tender do not skin, otherwise remove the outer skin; cut in one-half-inch pieces, put into a porcelain saucepan or into a white baking-dish, cover with one-half the weight of the rhubarb in white sugar, and place on back of stove to cook slowly. It will soon make a juice; cover and let cook until perfectly tender. It requires no water cooked in this way.

Broiled Shad—The most delicate way to cook a shad is to broil it. Select one whose flesh is firm and gills bright red. After the fish is cleaned wash in cold water, wipe it and salt well. The fish should be split down the back for broiling and the backbone taken out with a sharp knife (although this latter is not, of course, necessary), and the fins trimmed off. Rub the broiler with butter or bacon drippings so the fish will not stick to it; broil over clear coals, quickly at first, then very slowly, allowing about ten minutes for each inch of thickness. In broiling the inside should be exposed to the fire first, then the skin, and great care taken the skin does not burn. Have the dish very hot to serve it in, and baste with a small piece of butter; sprinkle with one-half teaspoonful of salt. The roes may be salted and kept perfectly well in a cold place for next day's breakfast if not needed with the fish. They are to be fried in boiling lard a golden brown, after being sprinkled with flour or cornmeal. Put them in common brown paper in the oven for a moment before placing on a hot dish.

Broiled Potatoes—Have potatoes boiled and cold; cut into slices one-third of an inch thick; dip them in melted butter and

fine bread crumbs and broil over a fire that is not too hot; season with salt and pepper.

Wheat Muffins—Muffins raised with yeast (made at bedtime) are the nicest, and can be so made until warm weather, when it would be safest to make in the morning with yeast powder. One pint of milk scalded and let cool, one-fourth of compressed yeast cake dissolved in tepid water, one quart of flour (sifted), one tablespoon of butter or lard, three eggs well beaten, one eggspoon of salt, one teaspoon of white sugar. Beat the sugar and salt into the eggs, then add the butter and a little flour; cream all together; when smooth add the yeast, then flour and milk alternately, beating constantly until you have a perfectly smooth batter. Cover with a cloth and let rise in a moderately warm place. In the morning have muffin-pan greased, take batter out lightly with a large spoon, and half fill the compartments; let rise again an hour or little less and bake in a good oven. Can be also baked on top of stove in muffin-rings placed on a hot greased griddle, if preferred.

Deviled Clams—Two dozen clams; take out the hearts or the hard centers. Put in chopping-bowl and chop very fine. Have half the quantity of bread crumbs; one teaspoon of finely chopped spring onion, one of parsley, dash of red pepper, one-half teaspoon salt, add three tablespoons melted butter. Mix all well together with a fork. Have clam shells clean and dry. Grease lightly, fill with the mixture, place grated crumbs and a small dot of butter on top; put into a pan and brown in a good oven.

Lettuce Sandwiches—Cut the bread into thin slices, butter lightly, take off crust or not, as you please; cut into half slices. Have the small leaves of lettuce, which have been nicely washed in cold water and dried, on each half slice of bread put a lettuce leaf; spread with mayonnaise dressing and add the other half slice of bread. The yolk of one egg, either raw or hard boiled, with the needed, oil, vinegar, etc., will make plenty of dressing needed for the lunch sandwiches.

Lemon Jelly—Half box Nelson's gelatine, dissolved for an hour in half pint cold water; then add one pint water boiling hot, three-quarters pound of sugar, half pint juice of fresh lemons, after the sugar is entirely dissolved; stir all together, strain and put to cool, then in the icebox to harden.

Cream of Cheese Soup—One pint of milk, one slice of onion, one slice of carrot, two tablespoons butter, one even tablespoon of flour, two full tablespoons of Parmesan cheese, yolks of two eggs, salt and pepper. Put the milk on to boil with onion and carrot. Rub the butter and flour together until smooth. Remove the vegetables from the milk, add butter and flour and stir constantly until it thickens. Add the cheese and stir three minutes. Now take it from the fire, add the beaten yolks of two eggs, salt and pepper and serve at once. This soup can not be heated over. One blade of mace can be used if liked. Buy the cheese solid and grate it; this is cheaper. This is a very delicious soup.

Veal Cutlet au Gratin—Have your cutlet cut from an inch

and a half to two inches thick. Make a dressing of finely grated bread crumbs, seasoned with melted butter, chopped onion, a very little parsley, salt and red pepper. Put it on top of the cutlet, one-half of an inch thick. Place cutlet in a hot pan, cover with another pan and place in a moderately hot oven to cook slowly. The crumbs keep the cutlet juicy, and it should be uncovered and let brown at the last.

Asparagus on Toast—Have salted water boiling hard; wash the asparagus in cold water and tie again in a bunch; put it in the boiling water and cover and let cook until tender. Have several slices of bread nicely toasted; cut into quarters. When asparagus is tender dip each piece of toast for a moment in the boiling water and place in a hot dish; then add the asparagus and pour over all either melted butter or drawn butter, made thus: Cream two teaspoonfuls of flour and two tablespoonfuls of butter until light and smooth; gradually add one-half pint of boiling water or milk; stir constantly until it comes to a boil, but do not let it boil; add a quarter of a teaspoonful of salt, and pepper if desired.

Riced Potatoes—Have a flat dish and the colander hot. With a spoon rub seasoned mashed potato through the colander into the hot dish; be careful the colander does not touch the potato in the dish; it is best to have only a few spoonfuls of the potato in it at one time. When all has been pressed through place the dish in the oven for five minutes to insure its being hot.

Dandy Pudding—One quart of milk; let it come to a boil; then stir in three tablespoonfuls of cornstarch which have been dissolved perfectly in cold milk; have the yolks of four eggs well beaten, one-half cupful of sugar, pinch of salt, tablespoonful of butter; stir all these into the boiling milk slowly until smooth; then pour into a greased baking-dish and put in oven. When baked and cold have the whites of the eggs beaten to a froth, sweetened with four tablespoonfuls of sugar and flavored with a few drops of vanilla, rose or almond; place on top of pudding and set in the oven for a moment to harden. To be eaten cold.

Mrs. Thomas Turtle.

No. 2815 Q Street, Washington, D. C.

MONDAY, MAY THE SEVENTEENTH.

BREAKFAST.

Oranges.

Lake trout fried. Bread and butter.

Potatoes—maitre d'hotel.

Coffee.

LUNCHEON.

Deviled ham loaf. Egg bannock. Radishes.

Bananas.

Tea.

DINNER.

French stew of hearts.
Potato ribbon. Spinach soufflé.
Lettuce salad.
Little strawberry puddings.
Coffee.

Deviled Ham Loaf—Take two cupfuls of cracker or bread crumbs, one-quarter pound of deviled ham, two cups of milk, using a portion of it to moisten the ham. Stir in two well-beaten eggs, add one saltspoonful of salt, pour into buttered bread-pan and bake in moderate oven for one hour. Serve cold, cut in thin slices. Enough for two meals.

Egg Bannock—Sift together one cupful flour, a saltspoonful salt, a pinch of white pepper, and a small teaspoonful baking powder; beat to a froth three eggs, add one cup milk and stir in the flour. Pour the batter into a buttered griddle, cover it with a piepan or tin cover and bake over a gentle fire, shaking the pan often and adding a little butter if the bannock sticks; when it is a light brown on the bottom turn and let it cook until both sides are brown, when it will be ready to serve.

French Stew of Hearts—Take three lambs' hearts, wash and cut into slices, cutting across the grain of the heart; put three tablespoonfuls of butter in a small stewing kettle and when hot add the meat; stir constantly until the meat is well browned; then add enough hot water to nearly cover the meat, two slices of lemon, two bay leaves, one-half teaspoonful salt and one-half saltspoonful pepper; cover the kettle and cook gently for one hour, stirring often and adding a little more water if needed; when the meat is cooked remove from the gravy to a hot platter and thicken the gravy with a tablespoonful of flour; pour over the meat and serve.

Potato Ribbon—Pare six large potatoes and lay in cold water for an hour; at the end of this time remove from the water and wipe dry; then with a small knife pare round and round in one continuous strip; handle with care and fry a few at a time in smoking hot lard; arrange neatly upon a flat, hot dish and serve; but first sprinkle a little salt over them.

Spinach Soufflé—This is a good way to prepare spinach that has been left over from a previous meal. To every cupful of cooked spinach add one beaten egg; stir well and pour into a well-buttered baking-dish and cook in hot oven fifteen minutes.

Little Strawberry Puddings—To one quart of berries add two cupfuls of sugar. Stir them together so that the berries will be slightly mashed. Prepare for the batter two eggs, one tablespoonful butter, one teaspoonful baking powder, a pinch of salt, one cup of milk and one and one-half cups of flour. Butter some cups and put in a layer of batter, then a layer of berries, until

two-thirds full; steam for thirty minutes. Any kind of plain sweet sauce may be eaten on this pudding, but the juice from the berries is all that is necessary. Mrs. March Greene.
Grinnell, Iowa.

TUESDAY, MAY THE EIGHTEENTH.

BREAKFAST.

Sliced pineapple.
Wheat flakes. Sugar and cream.
Liver à la Bordelaise. Potato soufflé.
Raised corn-bread. Coffee.

LUNCHEON.

Croquettes of macaroni.
Bread and butter, sandwiches. Sliced tomatoes.
Chocolate wafers. Almond cream.
Iced milk.

DINNER.

Velvet soup.
Egyptian chicken. Steamed potatoes.
Cauliflower.
Bread and butter. Pickled onions.
Lemon cream pie. Tea.

Liver à la Bordelaise—Cut six medium-sized slices of liver, parboil, trim and pare nicely; season with one-half teaspoon salt and one-quarter teaspoon pepper; baste with two tablespoons melted butter, and roll in fresh bread crumbs. Broil over a moderate fire till thoroughly well done; dish in a circle, alternating with fillet-shaped slices of brown bread fried in butter; pour a Bordelaise sauce in the center.

Raised Corn-Bread—One quart of meal, one pint of flour, one tablespoon sugar, and two ounces of butter and one heaping teaspoon salt. Dissolve one-half cake compressed yeast in one and one-half pints of warm milk; melt the butter, add it with sugar and salt, then make a hole in the flour and meal mixed together and pour in the liquid; make it into a very stiff batter and set to rise in buttered tins; when light, bake slowly.

Croquettes of Macaroni—Boil one-quarter pound of macaroni in salted water till very tender. Drain and toss in a sauce-pan with one tablespoon butter, one-half ounce Parmesan cheese, one-quarter ounce cooked tongue cut in fine dice. Spread on a well-buttered platter, cover with buttered paper, press it well down, and set away to cool. Divide with a knife into five parts, roll each one in grated cheese, then in beaten egg and in cracker crumbs.

Fry in smoking hot fat till well browned. Drain, and serve on a folded napkin.

Chocolate Wafers—One-half cup brown sugar, one-half cup granulated sugar, one-half cup butter, one egg, one-half cup grated chocolate, one teaspoon of extract of vanilla. Mix all together; add one and one-half cups flour, roll very thin, cut with little square cutter. Bake about five minutes in hot oven. Sufficient for several meals, but are excellent to keep.

Almond Cream—One pint new milk, three tablespoons sugar, one-quarter pound of blanched almonds, chopped; stir over the fire, add the well-beaten yolks of four eggs. Flavor with one-half teaspoon extract of rose. Pour into cup and pile on a meringue made of the whites of four eggs and one-half cup sugar.

Velvet Soup—One quart of any kind of good stock, one cup cream, one teaspoonful salt, one saltspoon pepper; pour it boiling hot on the beaten yolks of four eggs, diluted with one-half cup cream. Reheat and serve at once in bouillon cups.

Egyptian Chicken—Select a well-fattened hen a year old, or even more. Clean and truss as usual, tying the legs and wings very close to the body. Rub inside and out with two tablespoons melted butter, one teaspoon salt, one-half teaspoon pepper. Pick over and wash one and one-quarter cups rice, season it with one teaspoon salt, one-half saltspoon pepper, one teaspoon curry powder. Put three tablespoons rice inside the fowl and the remainder around it in a dish just large enough to hold it nicely. Set in a steamer and cook four hours. The giblets may be scalded and cooked separately for one hour, and then laid inside the fowl with the rice. If the broth in which they are cooked is not too strong pour it over the rice in the dish.

Cauliflower—Trim off outside leaves and lay blossoms down in cold, salted water one hour. Tie in a piece of mosquito netting and cook in boiling water till very tender. Drain and pour over it a cream sauce.

Cream Sauce—Rub to a cream one tablespoon butter and two of flour, add one-half teaspoon salt, one-half saltspoon pepper. Pour over it one pint hot cream. Beat till smooth.

Miss Birdie Stenson.

No. 6 Liberty Street, Janesville, Wis.

WEDNESDAY, MAY THE NINETEENTH.

BREAKFAST.

Apples and cream.
Hominy, with butter and maple sirup.
Grilled beef. Breakfast gems.
Coffee.

LUNCHEON.

Ham toast. Lettuce, with Mayonnaise sauce.
Stewed Lima beans.
Orange marmalade. Angel food.
Cocoa.

DINNER.

Sago soup.
Broiled shad. Cowslip greens.
Potatoes à l'Italienne. Little onion pickles.
Fruit pudding. Coffee.

Grilled Beef—Cut thin slices of cold roast beef about three inches long and one and one-half inches wide, and then dip them in a dressing made as follows: Beat an egg until light, then beat in, a few drops at a time, one tablespoonful of olive oil (or melted butter) and the same quantity of lemon juice or vinegar, alternating the oil and vinegar, and beating all until the dressing is thick like cold cream; add a saltspoonful of salt, a little white pepper, half a teaspoonful of mustard and a dash of cayenne. Dip the meat in the dressing and broil over a clear fire until it browns a little and is well heated through, remove to a hot platter, put a piece of butter on each piece, set in the oven a moment and serve.

Ham Toast—Remove the fat from some slices of cold boiled ham; chop fine; should be a large cupful. Put two tablespoonfuls of butter into a sauce-pan on the stove; add the chopped ham and half a teacupful of sweet cream or milk. Season with one-fourth teaspoon pepper, and when hot remove from the stove and stir in quickly three well-beaten eggs. Pour the mixture over thin slices of toast and serve at once.

Mayonnaise Sauce—Beat the yolk of an egg thoroughly; add half a teaspoonful of mustard powder and a teaspoonful of salt, and stir all well together; now beat in slowly, a few drops at a time, four tablespoonfuls of olive oil; when the sauce begins to be quite stiff alternate a few drops of lemon juice (or vinegar) with the oil and continue beating. When the oil and egg have been well beaten together add a very little cayenne, and a few drops at a time, two tablespoonfuls of vinegar.

Sago Soup—Wash three ounces of sago in boiling water and add it gradually to two quarts of nearly boiling stock, with one-half teaspoon salt, one-fourth teaspoon pepper. Simmer for half an hour, when it should be well dissolved. Beat up the yolks of three eggs, add them to half a pint of milk or cream, stir quickly into the soup and serve immediately. Don't let the soup boil after the eggs are put in or it will curdle.

Broiled Shad—Do not remove the skin, but scale, draw, cut down the back on the inside on both sides of the bone. Remove the bone, then wash, wipe dry and rub with a little salt on the

inside. Place on a hot, well-buttered broiler, with the inside down, turning over the broiler to cook the other side. Attend closely to it. The time required for broiling will, of course, depend upon the size of fish. When through broiling place the fish in a buttered roasting-pan in the oven and cover closely to prevent drying. This will allow every portion to become cooked through while preparing the sauce.

Sauce for Fish—Two small tablespoonfuls of melted butter, one-fourth teaspoonful of pepper, one-fourth teaspoonful salt and the juice of a lemon. Mix well together and pour over the shad, after removing it to a hot platter.

Before broiling the shad place the roes in a spider of hot fat. Season with pepper and salt and cook well through. They should be crisp and brown on the outside. Serve on the platter with the fish.

Cowslip Greens—About a peck of cowslip leaves will be required for a little over a pint when cooked. Look over carefully and wash well. Lay them in cold water for twenty minutes. Put over to cook in abundance of boiling water; boil ten minutes. Drain off the water and cover again with boiling water. Put in a half-tablespoonful of salt and cook from thirty to forty minutes. When done put into a colander, drain and press out all of the water. Return to the stove in a sauce-pan and season with one-fourth teaspoonful of pepper and a tablespoonful of butter. Cut through with a sharp knife and mix thoroughly. Put in a hot dish and garnish, if liked, with cold boiled eggs. Serve with vinegar.

Potatoes à l'Italienne—This way of cooking potatoes requires fully ripe, dry and mealy potatoes. Pare and boil them. When done, instead of mashing, beat as light as possible with a large vegetable fork. For a quart of potatoes beat in a large tablespoonful of butter, a teaspoonful of salt, half a teacupful of cream or milk and the yolks of two eggs well beaten; when these ingredients are thoroughly mixed with the potato, add the whites of the eggs, beaten stiff. Pile in a warm dish as lightly as possible and serve. The yolks may be omitted and the potatoes may be lightly browned in the oven.

Fruit Pudding—Cut four seedless oranges into a fineware crock (such as can be put in the oven with safety) and spread half a teacupful of sugar over them. In a sauce-pan on the stove put a pint of water, two teacupfuls of sugar and the juice of three lemons. When this boils add one tablespoonful of cornstarch dissolved in milk, and when it thickens remove from stove. Now add three well-beaten eggs, after reserving the whites of two. Pour the contents of the sauce-pan over the oranges and cover the whole with the thoroughly beaten whites of the two eggs, to which a little sugar has been added. Put in the oven until slightly browned. Allow to cool in the refrigerator and pour as deftly as possible into a large dessert dish. Spread strawberries over the top, plentifully sprinkled with powdered sugar.

Tully, N. Y. Mrs. R. W. Lowe.

THURSDAY, MAY THE TWENTIETH.

BREAKFAST.

Strawberries on their stems.
Graham jelly. Sugar and cream.
Spring onion on toast. Honeycomb eggs.
Coffee.

LUNCHEON.

Clam chowder.
Bread and butter. Baked pieplant.
Tea.

DINNER.

Asparagus purée.
Smothered steak with plaintains or red bananas.
Golden potatoes.
Sliced lemon pie. Coffee.

Graham Jelly—To be made the day before. Mix two heaping tablespoonfuls of graham flour to a thin paste with cold water. Pour into a quart of boiling salted water, stirring quickly. Stir while it boils four minutes. Pour into wet teacups and set in refrigerator till morning, when turn out on saucers and serve.

Spring Onion on Toast—Mince a bunch of onions rather fine, cover with cold water and set over fire. When at the boiling point drain and cover again with cold water. Boil ten minutes, drain, season with one-half saltspoon salt, one-fourth saltspoon pepper, a small piece of butter rolled in flour and a few spoonfuls of milk. Have rounds of buttered toast ready and place a large spoonful of onion in center of each. Odorless and delicious.

Honeycomb Eggs—Put a tablespoonful of butter in a granite or agate pudding-pan and set in the oven to heat. Break five eggs into dish containing one-third cup of milk, one-half teaspooonful of salt and a dash of pepper. Beat one minute, pour into the hot pan, bake in quick oven ten minutes or till eggs have risen to the top. Pin folded napkin around and serve quickly.

Clam Chowder—Fifteen (twenty, if small) clams. Scrub shells and place them in a kettle over fire. Cover with one quart of boiling water. As soon as shells open remove from fire. Save the water. One-third pound salt pork, chopped fine; four large potatoes sliced thin. Put pork in kettle. After cooking a short time add strained water and juice of clams, potatoes and three onions sliced thin. Simmer one and one-quarter hours; add a quart of milk, cook fifteen minutes longer, add clams and serve.

Baked Pieplant—Wash and wipe dry one bunch of pieplant. Cut in inch bits without peeling. Put layer in bottom of earthen jar, cover with sugar; repeat this until all is used. Cover tightly;

bake an hour. Serve cold. Be sure to add no water. This is enough for two meals.

Asparagus Purée—Cut one bunch of asparagus into small bits, cover with a generous quart of cold water, boil an hour. Remove asparagus, press through a coarse sieve and return to the water. Add a teacupful of milk, two large spoonfuls of butter rubbed to a paste with one tablespoonful of flour; salt and pepper to suit taste. Let it come to a boil, then pour into a tureen in which you have placed a few large round crackers.

Smothered Steak with Plantains—Broil quickly over a hot fire two pounds of steak which has been cut two inches thick and well trimmed of bone and fat. Place on a hot platter and spread both sides with this mixture: A tablespoonful of melted butter, a half-teaspoonful of salt and a quarter-teaspoonful of white pepper. On top of the steak lay three plantains or red bananas, cut in two lengthwise and just fried in butter. Sprinkle over all a tablespoonful of grated horseradish.

Golden Potatoes (specially suited to old potatoes)—Pare and soak in cold water two hours. Put over the fire in cold water with a little salt. Boil till very near done, drain, place in a dripping-pan, rub each potato over with fat and sprinkle with pepper and salt. Place in upper oven until all are of a golden color.

Sliced Lemon Pie—Line a pie plate with nice pie-crust, then put in a cup of sugar. Pare one large lemon or two small ones, taking care to leave none of the white rind. Slice very thin, removing all seeds. Arrange slices evenly in pie. Put on a top crust, pinching down well, so that juice does not escape. Bake fifteen minutes. Serve cold. This is cheap, quickly made and very appetizing. Mrs. George H. Barber.

Huntley, Minn.

FRIDAY, MAY THE TWENTY-FIRST.

BREAKFAST.

Baked rhubarb.
Par excellence rice. Marrow toast.
Coffee.

LUNCHEON.

Swiss eggs. Crackers.
Peach foam. Date biscuits.
Oatmeal nectar.

DINNER.

Asparagus soup.
Baked shad or whitefish.
Asparagus. Radishes.
Mixed fruit. Sponge drops.

Baked Rhubarb—Cut strawberry rhubarb into inch pieces without removing the skin, sprinkle one-half teacup of sugar over each pint of the well-washed fruit and place in a pudding-dish without any water; cover closely and bake just long enough to make tender. Each piece will retain its shape and the juice have the color and flavor of strawberry.

Par Excellence Rice—Cook one teacup of well-washed rice in three pints of boiling salted water twenty minutes. Pour in colander; return the drained rice to the hot kettle, which must be well greased with butter. Add tablespoonful of butter to the top, cover with hot lid, and, when well dried, dish and serve either with sirup or cream.

Marrow Toast—Have the butcher split a shin bone; remove the marrow and cut it into inch-thick slices. Boil ninety seconds in a quart of salted water. Have ready in a hot dish one teaspoon of chopped parsley, one of lemon juice, half a teaspoon of salt, a grain of cayenne and six drops of onion juice. Drain the marrow and mix with the seasoning in the hot dish; spread on squares of crisp, hot toast and serve very hot.

Swiss Eggs—Line a pie plate with thin slices of cheese. In one cup of milk mix one teaspoon of mustard and one-tenth of teaspoon of red pepper, one-half teaspoon of salt. Pour half of this mixture over the cheese, then carefully break in five eggs so as not to disturb the yolks, then pour the rest of the milk over them. Bake ten minutes, or until the eggs are set. The cheese on melting thickens the milk and makes a nourishing dish.

Peach Foam—Chop a can of peaches, heat, and thicken with three tablespoons of cornstarch dissolved in a little water. Add the juice of half a large lemon. Remove from fire, and when nearly cold whip in the beaten whites of three eggs. Serve quite cold.

Date Biscuit—To one pint of bread sponge add two tablespoons of sugar and enough graham flour to make stiff; add one cup of washed chopped dates, mold into small cakes, dip in melted butter or lard; let rise, and bake.

Oatmeal Nectar—Put four ounces of oatmeal into a porcelain kettle, add six ounces of white sugar and a lemon sliced thin; mix with a little cold water, then pour on one gallon of boiling water. When cold drain off, and it will be a nourishing and refreshing drink.

Baked Shad or Whitefish—Make a dressing of one pint of bread crumbs seasoned with one-half teaspoon of salt, one tablespoon of butter, one-half teaspoon of pepper and moistened with stock if convenient. Place in fish, tie up, rub over fish one-half teaspoon salt, one-fourth teaspoon pepper and place over the fish a few slices of thin breakfast bacon. Bake until well done, basting with water and butter. Transfer fish to hot dish, garnish with the strips of bacon. Add a teaspoon each of lemon juice and anchovy sauce to the gravy in the pan, thicken with browned flour and send to table in a boat. A salad of watercress is a nice accompaniment.

Asparagus—As part of the strength of the asparagus was used in the soup it is well to serve it in a rich milk gravy.

Serve the radishes with the heart of the green leaves left on and in a glass dish with bits of ice.

Oranges and Strawberries Mixed—To one quart of strawberries add two oranges cut up in bits. Sprinkle with sugar and serve in a half hour or so very cold with sweet graham crackers or sponge drop cake.

Jacksonville, Ill. Mrs. Charles J. Drury.

SATURDAY, MAY THE TWENTY-SECOND.

BREAKFAST.

Strawberries and cream.
Hamburg steak. Asparagus omelet.
Oatmeal gems. Coffee.

LUNCHEON.

Sweetbread and cucumber salad.
Bread and butter.
Stewed rhubarb. Lady fingers.
Russian tea.

DINNER.

Fried veal cutlets, tomato sauce.
Spinach with eggs. Potato snow.
Delmonico pudding. Coffee.

Asparagus Omelet—Boil ten stalks of asparagus in slightly salted water for fifteen minutes. Drain and cut the eatable part into small pieces. Beat five eggs until very light, add a small half-teaspoonful of salt; pour them into a hot frying-pan containing a teaspoonful of butter; spread the prepared asparagus upon the upper side, and when perfectly hot fold the omelet together and serve.

Oatmeal Gems—Soak over night a cupful of oatmeal in a cupful of cold water. In the morning sift together one cupful of flour, two teaspoonfuls of baking powder and a very scant teaspoonful of salt. Add this to the soaked oatmeal and mix thoroughly. Wet the mixture with half a cup of sweet milk, thus making a stiff batter; drop into the buttered gem-pans and bake for fifteen minutes in a quick oven.

Sweetbread and Cucumber Salad—Soak a small pair of sweetbreads for an hour in cold salted water. Then drop them into boiling salted water, to which you have added a teaspoonful of vinegar, and cook twenty-five minutes. Remove from fire and drop again into cold water to harden. When perfectly cold re-

move the pipes and membranes and cut into small pieces. Peel and slice two cucumbers into very thin slices and mix with the sweetbreads. Just before serving pour over the mixture a cupful of mayonnaise dressing.

Fried Veal Cutlets—Put into a frying-pan two tablespoonfuls lard or beef drippings. When boiling hot lay in the cutlets (two pounds for five people) well seasoned with one-half teaspoon salt and one-fourth teaspoon pepper and dredged with flour. Brown nicely on both sides, then remove the meat and set aside the grease for further use. Serve cutlets with following sauce:

Tomato Sauce—Take a quart can of tomatoes; place over the fire in a stewpan; put in one slice of onion, two cloves, a teaspoonful of salt and a saltspoonful of pepper. Boil twenty minutes, then remove from the fire and strain through a sieve. Melt in a clean saucepan a tablespoonful of butter and as it melts sprinkle in a tablespoonful of flour. Stir until it browns and froths a little. Mix the tomato pulp with it and it is ready for the table. Half of this quantity will be sufficient to serve with the cutlets. Set the remainder aside to be reheated and served with macaroni, which has been boiled until tender, for luncheon on the following day.

Spinach with Eggs—Take half a peck of spinach and wash it three or four times. Drain it and put it in boiling water. Cook twenty minutes, being careful to remove the scum. When it is quite tender take it up and drain it well. Chop it fine and put it into a saucepan with a piece of butter the size of an egg and a little salt and pepper, not more than a saltspoonful of each. Set it on the fire and let it stew five minutes, stirring it all the time. Turn into a vegetable dish, shape it into a mound and slice two or three hard-boiled eggs over the top.

Mealy Boiled Potatoes—Wash six large potatoes, peel and throw into cold water. Make ready a kettle of fast boiling water, unsalted; put in the potatoes one by one so as not to stop ebullition. Let them boil steadily until all the starch cells have burst—no longer. This happens as soon as the potato can be readily pierced by a fork. Then throw off every drop of water. Shake them in the kettle to expose all sides to the air, sprinkling meanwhile with a teaspoonful of salt. Cover with a clean white cloth and place on back of stove for ten minutes.

For Potato Snow—Press these boiled potatoes through a hot, fine wire sieve into the hot dish in which they are to be served and send at once to table.

SUNDAY, MAY THE TWENTY-THIRD.

BREAKFAST.

Oranges.
Pettijohn, sugar and cream.
Toast.
Bread griddle cakes. Maple sirup.
Coffee.

LUNCHEON.

Potato croquettes. Lettuce sandwiches.
Tapioca cream. Cocoa.

DINNER.

Fish Chowder.
Roast sirloin of beef. Yorkshire pudding.
Macaroni with tomato sauce.
Pineapple, Bavarian cream.
Cocoanut and raisin cream cake.
Coffee.

Tapioca Cream—Wash four tablespoonfuls of pearl tapioca, put it into a dish containing one quart of cold milk, set this dish into another containing hot water and let stand on the back of the stove for three hours; stir every fifteen minutes. At the end of the three hours add the beaten yolks of four eggs, one-half cup of sugar and one saltspoonful of salt; cook ten minutes, stirring constantly. Have the whites of the four eggs beaten so stiff with four tablespoonfuls of powdered sugar that they stay in the dish when inverted. Take the tapioca from the fire and when it has stopped boiling beat the whites lightly through it; when cool flavor with one teaspoonful of vanilla. This is dainty and delicious and is better made the day before using.

Fish Chowder—Take four pounds of fresh haddock or cod; when buying a fish for chowder have the head left on but the skin removed. Begin at the tail and with a sharp knife cut the fish from the bone on one side, keeping the knife as close as possible to the bone; remove bone from other side, then take out the small bones near the head. Wipe the fish carefully with a damp cloth, cut it into pieces about two inches square and put it away in a cool place. Break the bones and head, cover with cold water and put them on to boil. Pare six good-sized raw potatoes and cut them into slices one-eighth of an inch in thickness, soak them in cold water one-half hour, put into a kettle of boiling water and boil five minutes; then pour off the water. Cut a two-inch cube of fat salt pork into quarter-inch dice, and fry it in an omelet pan; cut two small onions into thin slices and fry them brown in the pork fat, being very careful that it

does not burn. Pour the fat through a strainer into a clean kettle, leaving pork scraps and onions in the strainer. Put the sliced potatoes into this kettle; hold the strainer over the kettle and pour through it enough boiling water to cover the potatoes. When the potatoes have boiled ten minutes strain the water in which the bones have been boiling into the kettle containing the potatoes; add one tablespoonful of salt, one-half teaspoonful of white pepper, and when the chowder is boiling briskly put in the fish and set on the back of the stove where it can simmer for ten minutes. Be careful not to break the fish in stirring. Then add one tablespoonful of butter and one quart of hot milk. split six butter crackers and place them in the bottom of a warm tureen, pour the chowder over them and serve.

Pineapple Bavarian Cream—Stew one pint can of grated pineapple with one cup of sugar ten minutes. Soak one-half box of Cox's gelatine in one-half cup of cold water for half an hour, then add one-half cup of boiling water to thoroughly dissolve the gelatine. Strain this through an old napkin onto the pineapple, add one cup of sugar and set away to cool. When the mixture is thoroughly cold and is beginning to thicken, add one pint of cream whipped so stiff it will stand alone. Stir the whole mixture quickly and lightly until nearly stiff enough to drop; then pour into molds and set on ice for half a day.

Cocoanut and Raisin Cream Cake—One scant cup of butter, one and one-half cups of sugar, three eggs, one teaspoonful of vanilla, one saltspoonful of mace, one-half cup of milk, three cups of pastry flour, one teaspoonful of cream of tartar, one-half teaspoonful of soda. Cream the butter and add the sugar gradually, the yolks of the three eggs beaten separately, then the vanilla and mace. Sift the flour and mix the soda and cream of tartar with it. Add the milk and flour alternately, a little at a time, and lastly the whites of the three eggs which have been beaten stiff and dry. Bake in shallow round pans. As soon as baked split and spread with a thin layer of currant jelly, and then with a filling made as follows:

Cocoanut and Raisin Cream Filling—One cup of raisins stoned and chopped fine, one-half cup of chopped almonds, one-half cup of dessicated cocoanut and the white of one egg beaten stiff. Beat all together thoroughly. Marion W. Moseley.

Highland Park, Ill.

MONDAY, MAY THE TWENTY-FOURTH.

BREAKFAST.

Half-oranges cut in bits.
Mock cream potatoes.
Graham gems. Scrambled eggs.
Coffee.

LUNCHEON.

Dormers.
Lettuce sandwiches. Sour cream cakes.
Chocolate.

DINNER.

Peanut soup.
Chopped beef. Potato puffs.
Spinach and radishes.
Prune pudding.
Cheese. Crackers. Coffee.

Dormers—One pound of cold boiled mutton (baked may be used if preferred), one cup of boiled rice, one-half teaspoonful of salt and a half saltspoon of pepper, one egg and a little water from the gravy to moisten, chip the meat fine, add the rice and seasoning, roll into sausages, cover with egg and bread crumbs, fry in hot lard a nice brown.

Mrs. Cora K. Wheeler.

Marshfield, Wood Co., Wis.

TUESDAY, MAY THE TWENTY-FIFTH.

BREAKFAST.

Bananas.
Soft boiled eggs. French toast.
Green pea cakes.
Coffee.

LUNCHEON.

Miroton of beef.
Spinach.
Folly.. Kindergarten cookies.
Cocoa.

DINNER.

Beef bouillon.
Pâté de foie de veau.
Mashed potatoes. Stewed young onions.
Strawberry meringue.
Coffee.

Soft Boiled Eggs—Place fresh eggs in a warm saucepan. Pour boiling water over them, then cover lightly and let stand on the farther side of the stove for five minutes.

French Toast—Slice and trim the crust from some baker's bread. Beat one egg into one cup sweet milk. Dip slices into the mixture, which should be seasoned with one-fourth teaspoon salt and one-fourth saltspoon pepper. Fry, in hot dripping or lard, a delicate brown.

Green Pea Cakes—Heat and mash two cups of peas left from yesterday's dinner and season with butter, one-fourth saltspoon pepper and one-half teaspoon salt. Let it cool, then add two eggs, well-beaten, a small cup sweet milk and last one-half cup sifted flour, well mixed with one teaspoon baking powder. Fry on a hot griddle, well greased.

Miroton of Beef—Mince some cold beef—about one pound. Season with one-half teaspoonful salt and one-half saltspoonful of pepper and mix with two hard boiled eggs, chopped fine. Wet it with gravy or broth and cover with cold seasoned mashed potatoes, which have been mixed to a soft paste with milk and butter. Place in greased baking dish, cover with bread crumbs. Bake, covered, one-half hour. Then brown after removing the cover.

Folly—Take a cup of strawberries, crush them and sprinkle four tablespoonfuls of powdered sugar over them. Beat the whites of two eggs stiff. Gradually beat in the crushed fruit. Heap on glass dish.

Kindergarten Cookies—Beat one egg well. Mix in one and one-half cups sugar. Add one cup sour cream, one-half teaspoonful soda and one-eighth of a grated nutmeg. Mix in enough sifted flour to make the batter stiff enough to roll out. Cut out, sprinkle sugar over them and bake in a quick oven.

Pâté de Foie de Veau—Parboil three pounds fresh calves' liver and cool. Mince with one-half pound of cold boiled ham. Beat the two yolks of the eggs used to make the "folly" for luncheon. Season with a coffeespoonful salt and a little pepper. Mix the minced meat with eggs, milk, butter the size of a walnut and bread crumbs enough to form a paste soft enough to pour. Grease or butter a baking dish and line with puff paste. Pour in the mixture and put on an upper crust. Set in the oven in a large shallow pan in which a cup of hot water has been poured. Bake an hour in a good moderate oven.

Stewed Young Onions—Place a pint of young onions in boiling water and cook ten minutes. Pour off water and pour over them one cup milk, and stew till tender. Add half-teaspoon salt and one-fourth teaspoon pepper and a lump of butter the size of an olive.

Strawberry Meringue—Take what puff paste you have left from the "pâté" and roll out very thin. Cut it the size and shape of a large dinner plate and bake to a delicate brown in a quick oven. Roll what strawberries you have in powdered sugar. Pile and pack firmly on the crust, which has been well buttered, and cover with a meringue made of the whites of two eggs and two tablespoonfuls powdered sugar. Bake until the meringue is slightly browned and eat while warm. Mrs. E. H. Lowe.

No. 712 North 6th Street, East St. Louis, Ill.

WEDNESDAY, MAY THE TWENTY-SIXTH.

BREAKFAST.

Oranges.
Beef croquettes. Rice muffins.
Coffee.

LUNCHEON.

Columbus eggs. Saratoga chips.
Pineapple. Gold cake.
Iced tea.

DINNER.

Potato soup.
Roast of veal with gravy.
Baked potatoes. Asparagus in ambush.
Frozen custard. Angel's food.
Coffee.

Beef Croquettes—Take cold beef left from dinner the day before. Chop fine; have one cupful when it is chopped; then add two cupfuls of fine bread crumbs and moisten with three tablespoonfuls of milk; season with three-quarters of a teaspoonful of salt and one-fourth as much pepper. Form into balls, dip in beaten egg (one egg), roll in fine cracker crumbs and fry in hot beef drippings.

Columbus Eggs—Peel the shells from ten hard-boiled eggs, and cut each egg in two through the center, cutting off a small piece from one end, so that they will stand on end. Pulverize the yolks and mix with two tablespoonfuls of cold lean ham, chopped fine; moisten with three tablespoonfuls of vinegar and season with one saltspoonful of salt and one teaspoon of mustard and a good pinch of pepper. Mix smooth and fill the empty whites, being careful not to break them, and press the two halves together. The filling which remains over may be made into a dressing by adding a little more vinegar and pouring over the eggs.

Pineapple—Two hours before serving shred one pineapple and mix with it two-thirds of a cupful of sugar; let stand on ice or in refrigerator.

Gold Cake—One cupful of sugar, one tablespoon of butter, yolks of five eggs and one whole egg, one-half cupful of milk, two cupfuls of flour, one teaspoon of vanilla, one heaping teaspoonful baking powder. Cream butter and sugar; add the well-beaten eggs, then the milk, vanilla, flour, and lastly the baking powder, just before putting in the oven. Bake in moderate oven.

Potato Soup—In a kettle containing two quarts of hot water put one-half cupful of chopped bacon, three chopped onions, one-

half teaspoon of pepper. Boil fifteen minutes; peel and slice one pint of raw potatoes, and boil the whole again until the potatoes are cooked to a pulp; strain and add more hot water if too thick.

Frozen Custard—Take one quart of rich milk, the beaten yolks of three eggs and three-fourths of a cupful of sugar; cook until it begins to thicken, remove from the fire and cool; then add one tablespoonful of vanilla, one cupful of cream and the whites of the eggs beaten very firm; mix all together well and freeze.

Angels' Food—Break the whites of eleven eggs into a large cake bowl and beat stiff; add gradually one and one-half tumblerfuls of granulated sugar which has been sifted eight times; then one tumblerful of flour which has been sifted five times; the fifth time sift in one teaspoonful of cream of tartar, then add one teaspoonful of vanilla. Keep stirring while you turn it into the pan. Bake from forty to fifty minutes in a moderate oven and in a pan that has never been greased.

Many think angel's food an expensive cake, but when it is considered how cheap eggs are at this season of the year—while butter is high—it is one of the most economical cakes that can be made. Five of the yolks left should be used for the gold cake and those that remain can be scrambled for breakfast the next morning, or used in a baked custard. Mrs. R. G. Wilbur.

No. 13 North Manning Street, Hillsdale, Mich.

THURSDAY, MAY THE TWENTY-SEVENTH.

BREAKFAST.

Sliced bananas. Oatmeal and cream.
Stewed kidney.
Hot buttered toast. Coffee.

LUNCHEON.

Fried perch.
Thin bread and butter.
Cucumber. Tea.

DINNER.

Roast of rib mutton chops.
Potatoes au gratin. Spinach.
Pineapple fritters.
After-dinner coffee.

Stewed Kidney—Take a nice fresh beef kidney, let stand in cold water about ten minutes. Remove all fat and skin, then cut with a knife or chop into small pieces about the size of dice.

Put in a stew pot, just cover with cold water and put on over a very slow fire. Add a slice of onion, half a teaspoon salt, quarter teaspoon pepper, three dessertspoons canned tomatoes, half a teaspoon Worcestershire sauce. Let simmer, not boil, about an hour, or until tender. Take about a tablespoonful of the gravy in a cup and when cool mix with it a dessertspoon of flour to a smooth, thin paste; gradually stir into the kidneys until they seem thick enough. Let simmer a little while longer. Serve very hot in a covered dish.

This can be prepared the day before and simply heated next morning for breakfast. Delicious. A beef kidney can be bought for 5 cents.

The bread and butter can be cut as thin as a wafer by leaving the butter rather soft and spreading it on the loaf before cutting off the slice. Use a very sharp knife. Put in ice-box until lunch is ready.

Roast of Rib-Mutton Chops—Get five or six rib chops cut in one piece. They will weigh about two pounds. Have the bones cracked by the butcher, making the roast easy to carve. This is a delicious roast and much nicer at this season than the leg of mutton. Cook in hot oven about forty minutes.

Pineapple Fritters—Make a batter with one egg, beaten separately. Add half a cup of milk to the yolk, a pinch of salt, enough sifted flour to make a thick batter, the beaten white and half a teaspoon baking powder. Get a fresh pineapple, or a can of the eyeless and coreless pineapple; take as many slices as wanted and cut each one in two. Dip each piece in the batter and fry in smoking hot lard. Drain, sprinkle with powdered sugar and serve on a pretty dish with a plain linen doiley under the fritters or a napkin. One can of pineapple will do for two or three meals. Mrs. L. B. Russell.

No. 4425 Vincennes Avenue, Chicago.

FRIDAY, MAY THE TWENTY-EIGHTH.

BREAKFAST.

Cerealine flakes, cream and sugar.
Sliced tomatoes.
Soft-boiled eggs. Cream toast.
Coffee.

LUNCHEON.

Thin bread and butter.
Watercress. Strawberry shortcake.
Orangeade.

DINNER.

Cream of asparagus soup.
Baked shad with lemon. Mashed potatoes.
Lettuce, with French dressing.
Junket. Sponge cake.
Coffee.

Orangeade—Cut four oranges in two and with a tablespoon scoop out the juice and pulp of each piece, reserving one to grate up, rind included. Carefully remove seeds, sweeten to taste and add three pints of cold water.

Cream of Asparagus Soup—Boil one quart of asparagus, cut in inch lengths, in one quart of water until tender. Rub through a colander and return to the water in which it was boiled; add one teaspoonful of salt and a dash of pepper. Heat one pint of milk; stir into it one tablespoonful of butter, rubbed with one of flour; let it boil and pour into asparagus. Cut toasted bread in dice and pour soup over. Serve at once.

Baked Shad with Lemon—Get a shad or any other seasonable fish weighing from three to four pounds. Make a dressing of one pint of fine bread crumbs, one tablespoonful minced onion, one tablespoonful butter, one beaten-egg, and one-half teaspoonful of salt and quarter-teaspoonful pepper. Stuff the fish and sew or tie it securely. Place in a baking-pan with one pint of water (cold). Lay strips of bacon on top of fish, sprinkle lightly with pepper and salt, and bake three-quarters of an hour, basting often. When done, thicken the gravy, pour over fish, and serve with thin slices of lemon.

Junket—Sweeten to taste one quart of rich milk, stir in one tablespoonful liquid rennet and pour into a glass dish. Set near the stove where it will get warm, and as soon as it begins to thicken set away to get cold as possible. Sweeten some cream or rich milk, flavor with vanilla and pour over the junket when serving. Mrs. S. P. Carusi.

Osage, Iowa.

SATURDAY, MAY THE TWENTY-NINTH.

BREAKFAST.

Bananas.
Cracked wheat with cream and sugar.
Sweetbreads and eggs on toast.
Radishes. Crullers.
Coffee.

LUNCHEON.

A dainty luncheon dish.
Baked potatoes. Sliced cucumbers.
Whole wheat bread. Molasses wafers.
Chocolate.

DINNER.

Fish soup.
Larded calf's liver. Potatoes à la royale.
Peas. Young onions.
Queen of puddings.
Coffee or tea.

Sweetbreads and Eggs on Toast—Boil a pair of sweetbreads three-quarters of an hour, drain and cool them. Remove all skin and sinews and cut the sweetbreads into neat square pieces. Put them in a frying-pan with a little olive oil, and when hot break over them three eggs. Mix the eggs well with the sweetbreads. Have ready a few slices of toast; arrange slices on a hot platter and add the cooked ingredients after seasoning with two-thirds of a teaspoon of salt and one-fourth teaspoon of pepper.

Crullers—Three eggs, one saltspoonful of salt, two cups of flour, three tablespoonfuls of milk, six tablespoonfuls of melted butter and six tablespoonfuls of sugar. Roll half an inch thick, cut out with a very small cake cutter having a hole in the center and fry in hot lard.

A Dainty Luncheon Dish—Eight slices of cold roast beef cut thin in a saucepan set in boiling water; cover with a gravy composed of three tablespoonfuls melted butter; walnut catsup and vinegar, one tablespoonful each; a half-teaspoonful of salt and a pinch of pepper, a spoonful each of currant jelly, home-made mustard and warm water; steam for half an hour. With rare roast beef this is very nice.

Molasses Wafers—Mix well together one cupful of butter, one cupful of sugar, two cupfuls of molasses and two cupfuls of flour. Drop a few spoonfuls into a pan in different places and put in the oven. It will melt and run together. Let it bake until it begins to harden on the edges, then remove. Cut it into squares and while it is still hot and soft roll each piece around a stick.

Fish Soup—Three pounds of any fresh fish when cleaned, skinned and beheaded, two cups of milk, heated with a pinch of soda, two tablespoons of flour rubbed up with three of butter, two beaten eggs, two tablespoonfuls of minced parsley, three cups of cold water, one-half teaspoon pepper and one tablespoon salt. Cover the dish with cold water and stew gently until the flesh slips easily from the bones; take from the fire, pick out and throw away the bones; chop the fish, strain the liquor in which it was boiled and return all to the fire; as it boils stir in floured

butter, seasoning and parsley; boil two minutes; pour the scalding milk from another vessel over the eggs, turn into the tureen, add the fish soup and serve. Line the tureen with Boston crackers, split and soaked in boiling milk before pouring the soup upon them.

Larded Calf's Liver—Wash a fresh calf's liver and soak it for an hour in cold salted water; wipe dry and with a sharp knife make incisions clear through the liver an inch apart; into these put strips of fat salt pork long enough to project on both sides; into the bottom of the pot put a tablespoonful of minced onion, some chopped parsley, one-fourth teaspoon pepper and one-half cupful of strained tomato juice; on this lay the liver, sprinkle with salt and as much onion on top as there is below; cover lightly and set at one side the range where it will not reach the boiling point under an hour; gradually increase the heat, but never let it be strong for two hours more, when uncover the pot for the first time to test with a fork if it be tender; take out the liver and keep hot while you strain the gravy; thicken with a greatspoonful of browned flour wet in cold water; pour over the liver; carve the latter horizontally.

Potato à la Royale—One pint of hot boiled potatoes, a half cupful of cream or milk, two tablespoonfuls butter, the whites of four eggs and yolk of one, one teaspoon salt, and one-fourth teaspoon pepper. Beat the potato very light and fine. Add the seasoning, cream and butter, then the whites of the eggs beaten stiff. Turn into a buttered dish. Smooth with a knife and brush over with the yolk of the egg, which has been well-beaten. Brown quickly and serye.

Queen of Puddings—One and one-half cups sugar, two cups fine dry bread crumbs, five eggs, one tablespoonful of butter, one teaspoon vanilla, one quart rich milk and one-half cup jelly or jam. Rub the butter into a cup of sugar; beat the yolks light and stir these together to a cream; add the bread crumbs soaked in milk, then the seasoning. Bake this in a large buttered pudding dish until the custard is set. Draw to the mouth of oven, spread over with jelly or jam. Cover this with a meringue made of the whipped whites and half cup of sugar. Shut the oven and bake until brown. Eat cold, with cream. Mrs. A. K. Yerkes.

Bozeman, Mont.

SUNDAY, MAY THE THIRTIETH.

BREAKFAST.

Strawberries and cream.
Broiled breakfast bacon. Dry toast.
Breakfast bread. Coffee

LUNCHEON.

Macaroni croquettes. Shirred eggs.
Crackers.
Sponge cake. Orange jam.
Tea.

DINNER.

Cream of tomato soup.
Roast leg of lamb, mint sauce.
Mashed potatoes. Green peas.
Fruit blanc mange. Coffee.

Breakfast Bread—Three eggs beaten until very light, two and one-half cups of milk, two cups of Indian meal (white), a pinch of salt, two heaping teaspoonfuls of baking powder, cup of cold boiled rice, two tablespoonfuls melted butter. Beat ingredients thoroughly together. Pour into greased shallow pans and bake for half an hour.

Macaroni Croquettes—One pint cold minced macaroni, one and one-half cups boiling milk, one tablespoonful butter, one tablespoonful grated cheese, one tablespoonful flour. Mix flour with a little cold milk and add cheese, butter and boiling milk. Stir macaroni in this sauce, three-fourths saltspoonful of salt, one-fourth saltspoonful pepper, add a beaten yolk of an egg and cook for a minute. When cold shape into croquettes and fry.

Shirred Eggs—Grease a shallow pan, break eggs carefully into it, sprinkle over a little salt and pepper and steam till whites are set. Serve.

Orange Jam—Slice twelve oranges thin; remove seeds; put to stand over night in six pints of water. Add six pounds of sugar. Boil till thick. Sufficient for several days.

Cream of Tomato Soup—Rub quart can of tomatoes through a colander, removing skin and seeds. Add one quart of water and boil. Make a cream with flour, butter and milk, allowing one tablespoonful each of flour and butter to one pint of milk. Bring this sauce to a boil, add tomatoes, season with one heaping teaspoon salt, one saltspoon pepper. Serve.

Green Peas—Wash the pods, shell the peas and put the pods into a pot, cover and boil thoroughly; then strain and put peas into the same water and boil tender. Season with a teaspoonful butter, one-half saltspoon pepper and a half-teaspoon salt. The water left from cooking these peas may be saved in a cool place and used for soup the next day by adding milk, thickening, more seasoning and any peas that remain from the meal, or it may be blended with stock.

Fruit Blanc Mange—Stew fresh fruit (cherries and raspberries being the best when in season), strain off juice and sweeten to taste. Place it over the fire in a double kettle till it boils;

while boiling stir in cornstarch wet with a little cold water, allowing two tablespoonfuls of starch to each pint of juice. Continue stirring until sufficiently cooked. Pour into molds wet in cold water and set away to cool. Serve with cream and sugar.

A. A. G. Touch.

No. 119 East 55th Street, Chicago.

MONDAY, MAY THE THIRTY-FIRST.

BREAKFAST.

Sliced fresh pineapple.
Creamed calves' brains. Potato drops.
Kinsley muffins. Coffee.

LUNCHEON.

Eggs en fromage. Brown bread sandwiches.
Radishes.
Fruit salad. Trifles.
Tea.

DINNER.

Iced meat jelly.
Beefsteak with rice. Browned potatoes.
Watercress.
Asparagus salad.
Salted biscuit. Cheese.
Strawberries in snow.
Coffee.

Creamed Calves' Brains—Remove the membrane from a pound of brains and blanch by soaking them in salted water until all the blood is out. Scald, parboil in salted water for ten minutes. While they are parboiling make a cream sauce by melting together in a saucepan two tablespoonfuls of butter and two tablespoonfuls of flour; when they are blended pour in slowly one pint of milk, stirring constantly. When it is creamed add one-half teaspoonful of salt, one teaspoonful of chopped parsley and the juice of one lemon, and a dash of pepper. Put the brains on small squares of toast on platter and pour over all the sauce. Garnish with sprigs of parsley and thin half-slices of lemon.

Potato Drops—Pare the potatoes, cut into small cubes and drop into iced water until chilled. Dry on cloth and drop into smoking-hot lard. Fry until a rich brown and remove with a skimmer, laying them on brown paper to drain. Salt and serve hot.

Kinsley Muffins—Beat together three eggs and one-half pint of milk. Add a pinch of salt and one teaspoonful of powdered

sugar. Sift together one pint of flour and one teaspoonful of baking powder and stir into the first mixture; beat well. Butter the irons and fill about half full. Have a medium hot oven.

Eggs en Fromage—This is a dish which can be made at the table in the chafing dish if desired. Melt one tablespoonful of butter and add one small cupful of grated dry cheese; stir constantly until the cheese is creamed. Have broken and slightly beaten six eggs and add to cheese and butter; salt and a dash of cayenne pepper should be added while stirring. Cook until the eggs are "scrambled."

Brown Bread Sandwiches—Cut the bread very thin and butter only one of the slices that go together. Cut into round shapes with a biscuit cutter.

Fruit Salad—Smuggle two slices of pineapple from the morning fruit and cut into small pieces; stem one pint of strawberries; cut into small pieces two oranges and three bananas. Place in a shallow dish and pour over it all a dressing made by beating until light the yolks of four eggs, a cup of sifted powdered sugar and one-half teaspoonful of salt. Add the juice of two lemons when the sugar is thoroughly dissolved. Put on ice and serve cold.

Trifles—Work one egg and a tablespoonful of sugar in as much flour as will make a stiff paste. Roll it as thin as a silver dollar and cut into small cakes. Drop a few at a time into hot lard. Cook until they rise to the surface and turn over. Remove with a skimmer and drain.

Iced Meat Jelly—Cut into small pieces a pound of soup meat and add water enough to cover, simmer slowly until all the nutriment is cooked out. Two hours before removing from the stove add a teaspoonful of savory herbs and a little salt. Keep the top clear of scum, and when done strain and set in a cold place. When it has jellied remove the grease from the top and place the jelly on ice. When ready to serve it, break it into moderate pieces with a spoon and serve in bouillon cups.

Beefsteak with Rice—An unwritten law of epicures is that red meats shall be served rare and white meats well done. Beefsteak should always be cut at least an inch or one and one-half inches thick. Broil over a hot, even fire, and season only when done. Serve with the rice (which has been seasoned with butter, pepper and salt) banked around it on the platter and garnish with cress.

Asparagus Salad—Wash, tie together the asparagus, and boil until done. When cold carefully cut the strings so that the ends will not break; lay away on the ice until it is to be used. Serve with a French dressing made by powdering the yolk of a hard-boiled egg, adding two parts of oil to one of vinegar, with salt and a little cayenne pepper. If a slight flavor of onion is relished, onion vinegar (made by pouring vinegar over a sliced onion and allowing it to stand) may be used.

Strawberries in Snow—Pour one cupful of cold water and one of sugar over a half-package of Cox's gelatine. When soft add

one cupful of boiling water and the juice of two lemons; then the whites of four well-beaten eggs (the whites left from the eggs used for the fruit salad can be utilized). Beat all together until very light and frothy; just before it "sets" add one pint of whole strawberries and pour into a mold which has been dipped in water. Serve very cold with cream. Annetta G. Crafts.
South Central Avenue, Austin, Ill.

TUESDAY, JUNE THE FIRST.

BREAKFAST.

Strawberries on stem.
Salt fish soufflé. Fresh rolls.
Wheatlet muffins. Coffee.

LUNCHEON.

Scotch eggs. Bread and butter.
Radishes.
Favorite cookies. Banana cream.
Cocoa.

DINNER.

Veal cutlets with white sauce.
Mashed potatoes. Fried cucumbers.
Lady cake. Crystallized pineapple.
Coffee.

Salt Fish Soufflé—One pint of finely chopped, cooked, freshened salt fish, eight good-sized potatoes, three-fourths of a cupful of milk, four eggs, half a teaspoonful of salt, quarter of a teaspoonful of pepper, two generous tablespoonfuls of butter. Pare the potatoes and boil thirty minutes, drain and mash fine, then mix thoroughly with the fish. Add butter, seasoning and the hot milk. Have two of the eggs well beaten, which stir into the mixture, and heat this in the dish in which it is to be served. Place in the oven for ten minutes. Beat the whites of the two remaining eggs to a stiff froth, and add a half saltspoonful of salt, then add yolks. Spread this over the dish of fish, return to the oven and brown. Serve.

Wheatlet Muffins—Two cupfuls of hot wheatlet mush, two of entire wheat flour, one cupful of milk, two eggs, two tablespoonfuls of butter (melted), a half teaspoonful of salt, two of sugar and two of baking powder. Add the milk, beaten eggs, salt, melted butter and sugar to the warm mush; stir in the flour and baking powder and bake in hot gem pans in quick oven.

Scotch Eggs—One cupful of cooked lean ham chopped very fine, one-third of a cupful of stale bread crumbs, one-third of a

cupful of milk, half a teaspoonful of mixed mustard; cayenne enough to cover a silver 5-cent piece, one raw egg and six hard-boiled. Cook the bread and milk together until a smooth paste. Add to the ham and add the seasoning and raw egg. Mix thoroughly. Break the shells from the hard-boiled eggs and cover with this mixture. Put in a frying basket and plunge into boiling fat for two minutes.

Favorite Cookies—One cupful of butter, one and a half cupfuls of sugar, one-half cupful of sour milk, one-quarter teaspoonful of soda, a teaspoonful of grated nutmeg. Flour enough to roll; make quite soft. Put a tablespoonful of fine sugar on a plate and dip the tops of each as you cut them out. Place on buttered tins and bake in a quick oven a light brown.

Banana Cream—After peeling the bananas mash them with a wooden spoon; allow equal quantities of bananas and sweet cream; to one quart of the mixture allow one-quarter of a pound of sugar. Beat all together until light.

Veal Cutlets with White Sauce—One and a half pounds of cutlets, two tablespoonfuls of butter, a slice of carrot and a small slice of onion. Put the butter and the vegetables, cut fine, in a saucepan. Season the cutlets with three-quarters of a teaspoonful of salt and a saltspoonful of pepper and lay them on the butter and vegetables. Cover tightly and cook slowly for half an hour; then take out the cutlets, dip in egg and bread crumbs and fry in smoking hot fat till a golden brown. Serve with a white sauce poured on. Put a quart of green peas in the center of the dish, lay the cutlets around and pour a sauce over them made as follows:

White Sauce—Add two tablespoonfuls of flour to the butter and vegetables in which the cutlets were cooked. Stir until smooth, being careful not to brown. Add a pint of milk gradually, stirring all the while. Season with a saltspoonful of salt and a half saltspoonful of pepper. Boil for two minutes, strain and serve.

Fried Cucumbers—Pare them and cut lengthwise in very thick slices; wipe them dry with a cloth; sprinkle with salt and pepper, dredge with flour and fry in lard and butter, a tablespoonful of each mixed. Brown both sides and serve warm.

Lady Cake—Take two and a half scant teacupfuls flour and, after sifting well, mix with it one level teaspoonful of baking powder and sift again; add one and a half teacupfuls of powdered sugar, blended with half a teacupful of butter; beat the whites of two eggs to a froth; add gradually to the flour half a teacupful of milk, follow with the sugar and the butter, and next the whites of the eggs, finishing up with a few drops of the essence of almond. Bake in a hot oven for three-quarters of an hour.

Crystallized Pineapple—Cut a pineapple into thin slices and then again into quarters. Beat the whites of three eggs to a stiff froth; lay the fruit in this, drain and beat again the part that drips off. Select the pieces one by one and dip them into finely powdered sugar. Cover a pan with a sheet of fine paper, place

the fruit in it and put in an oven that is cooling. When the icing on the fruit becomes firm pile them on a dish and set them in a cool place until wanted. Mrs. John Buie.
No. 170 Harding Avenue, Chicago.

WEDNESDAY, JUNE THE SECOND.

BREAKFAST.

Oranges. Veal réchauffé.
Lyonnaise potatoes.
Rice bread. Coffee.

LUNCHEON.

Broiled whitefish.
Cucumber with French dressing.
Bread and butter.
Strawberry shortcake. Iced tea.

DINNER.

Tomato soup.
French mutton chops, breaded.
Mashed potatoes. Spinach with egg.
Pineapple sherbet.
Angels' food. Coffee.

Veal Réchauffé—Chop fine enough cold veal from yesterday's roast to make one cupful, add to it one cupful of bread crumbs, mixing lightly; season with one small teaspoonful of salt and a little black pepper; let one cup of milk come to a boil; mix one tablespoonful of butter with one tablespoonful of flour thoroughly and add to the milk, with a tablespoonful of Worcestershire sauce and a dash of cayenne pepper; cook until thickened, beating well to make it smooth; add meat and bread crumbs; mix well and put in a baker in a hot oven to brown. Be sure and have the mixture very hot before adding the veal and bread crumbs; it makes it much lighter.

Lyonnaise Potatoes—Fry one scant tablespoonful of minced onions in one heaping tablespoonful of butter until yellow; add one tablespoonful of mild vinegar; put into this one pint of cold sliced potatoes, seasoned with one-half teaspoonful of salt, and stir with a fork until they have absorbed all the butter, being careful not to break them; then add one tablespoonful of chopped parsley and serve hot. The heated vinegar gives a delicious flavor to the potatoes.

Rice Bread—Take two large tablespoonfuls of cooked seasoned rice that has been left over and mix with it one cup of sweet milk and the beaten yolks of two eggs. Add a generous

teaspoonful of melted butter, a pinch of salt, one cup of sifted flour in which is one-half a teaspoonful of baking powder. Last of all add the beaten whites of the eggs. Bake in buttered tins an inch thick.

Broiled Whitefish—Get a fresh whitefish of two or three pounds, clean thoroughly and dry with a cloth. Rub the inside of the fish with the juice of half a lemon and a saltspoonful of salt and lay on a buttered gridiron inside down over a clear fire. When lower side is browned turn the fish. It should be done in about twenty minutes. Serve on a hot dish with a tablespoonful of butter melted and poured over the fish.

Cucumber with French Dressing—Peel two good-sized cucumbers and let them lie in ice water for an hour. Then slice them, place in a bowl and pour over them a mixture of one tablespoonful of vinegar, two tablespoonfuls of olive oil, one-half teaspoonful of salt and a dash of cayenne pepper.

Strawberry Shortcake—One quart of flour, two teaspoonfuls of baking powder, a pinch of salt, three tablespoonfuls of butter, and milk enough to make a soft dough. Bake in a large pie-plate. When cool split with a large knife and insert a generous layer of strawberries and granulated sugar. Replace the top and cover with strawberries and sugar. Should there be a cupful of berries left, mash them, add sugar and a pint of hot milk. Serve in a pitcher with shortcake.

French Mutton Chops Breaded—Take five or six nice rib chops (they will weigh about two pounds) and have the butcher "Freneh" them. Pepper and salt the chops and roll them in an egg well-beaten. Then roll in fine cracker crumbs and fry brown in very hot lard.

Pineapple Sherbet — Shred a fresh pineapple (the canned fruit will answer), add one pint of sugar, one-half pint of water, juice of one lemon, and one tablespoonful of gelatine that has been soaked for one hour in one cup of cold water, and dissolve in one cup of hot water; mix all together well and freeze.

Mrs. W. R. Fisher.

Fort Meade, S. D.

THURSDAY, JUNE THE THIRD.

BREAKFAST.

Radishes.
Brewis, cream and sugar.
Breakfast crackers, baked.
Cuban eggs. Baked potatoes.

LUNCHEON.

Asparagus, with eggs. Dried beef.
Pieplant bird's nest. Graham bread.
Oatmeal water.

DINNER.

Sorrel soup.
Escalloped calves' brains.
Potatoes, with parsley. Wax beans.
Strawberry tapioca, with sauce.
Tea.

Brewis, Cream and Sugar—Stir into one pint of boiling milk one cupful of dried and browned bread crumbs and a pinch of salt. Serve immediately. Increase the quantity if needed.

Breakfast Crackers, Baked—Warm one cup of milk, season with half a teaspoon of salt, a dash of pepper and a teaspoonful of butter. Split six Boston crackers, pour the milk over them and let them soak it all up. Then lay the crackers, crust down, in a deep baking-dish. Put a small pinch of salt, a piece of butter and a sprinkle of pepper on each one; then lay in the rest of the crackers, seasoning in the same way. Beat an egg, mix with one cup of milk and pour over the crackers. Bake in a quick oven twenty minutes.

Cuban Eggs — Six eggs, one small teaspoonful of minced onion, four teaspoonfuls of minced sausage meat, half a teaspoonful of salt, one-eighth of a teaspoonful of pepper. Cook meat and onion over hot fire five minutes. Beat the eggs, add salt and pepper. Draw the pan back to the cooler part of the range and add the eggs. Stir until the eggs become thick and creamy; pour into warm dish. Serve on hot buttered toast.

Asparagus with Eggs—Use two bunches of asparagus, half a dozen eggs, three tablespoonfuls of butter and two and a half level teaspoonfuls of salt. After cutting off the tough ends wash the asparagus, tie it in a bundle and put it in a saucepan with enough boiling water to cover it. Boil for twenty-five minutes, adding two teaspoonfuls of salt at the end of the first quarter of an hour. When done take from fire and drain. Untie the bundle and place the asparagus in a baking-dish. Spread half the butter on it and set the dish to keep hot. Beat the eggs light and add half-teaspoonful of salt and the remainder of the butter, broken into bits. Pour this mixture over the asparagus and set dish in a moderate oven for four minutes. Serve very hot.

Pieplant Bird's Nest—Butter a pie-plate well, wash the pieplant, but do not peel; cut in very small pieces and fill the tin half full. Make a batter of one cup sour milk, one cup sour cream, one egg, one teaspoonful soda, pinch of salt and flour to make stiff batter; pour this over the pieplant. Bake one-half hour in a quick oven and eat with sweetened cream. This can be made of other kinds of fruit.

Oatmeal Water—Make a very thin gruel by using at the rate of one tablespoonful of oatmeal to a quart of water. Boil for an hour; strain and let it get very cold. It is an improvement to add the juice of a lemon and two tablespoonfuls of sugar to each quart.

Sorrel Soup—This palatable spring soup requires a quart of

sorrel, three tablespoonfuls of butter, two tablespoonfuls of flour, a teaspoonful and a half of salt, a quarter of a teaspoonful of pepper, a teaspoonful of sugar, half an onion, half a cupful of water, a pint of milk and a pint of cream. After washing the sorrel put it into a stew-pan with the cold water and boil ten minutes; drain and chop the sorrel very fine; cut the onion into bits, cook it slowly in the butter in a frying-pan for five minutes, then add the flour, and stir until smooth and frothy; add the chopped sorrel, sugar, salt and pepper, and, after stirring for three minutes, gradually pour in the cold milk; simmer for five minutes and heat the cream to the boiling point; strain the soup; add the cream to it. Serve immediately. Milk may be substituted for the cream, or a pint of white stock. If liked, the yolks of two eggs, beaten with two tablespoonfuls of milk, can be added, pouring the soup upon this mixture just before serving time. Do not stir the eggs into the soup, because they would then be cooked in flakes, whereas by the other way they are cooked to a smooth cream. Sorrel soup is not as handsome as some green soups, because the heat spoils the color, but it is delicious.

Escalloped Calves' Brains—Two sets of brains are required, a pint of grated bread crumbs, half a pint of milk, an egg, a teaspoonful of butter, half-teaspoonful of chopped parsley, half a teaspoonful of onion juice, one teaspoonful of salt, a grain of pepper, and a tablespoonful of vinegar. After soaking the brains in warm water for two hours, free them from the skin and large fibres and wash them in cold water. Tie them loosely in a piece of thin muslin and, putting them in a sauce-pan, pour in enough boiling water to cover them. Add the spoonful of vinegar and then boil gently for half an hour. At the end of that time take them from the boiling water and plunge them into cold water. When they are cold drain them and cut into small pieces. Heat the butter in a small frying-pan and before it turns brown add the flour. Stir until smooth and gradually add the milk. When this boils up add the chopped parsley, onion juice and half the pepper and salt. Sprinkle the remainder of the seascning on the brains. Beat the egg light and mix it with the brains. Put a thin layer of crumbs on the bottom of an escallop dish, spread on these half the quantity of brains, next a layer of half the sauce, then a thin layer of crumbs. Add a second layer of brains, sauce and crumbs. Bake in a moderate oven twenty minutes.

Wax Beans—Take two quarts of wax beans, string them, if necessary, and then with a sharp knife cut each pod into longitudinal strips as thin as a shaving. Put into boiling water, add a teaspoonful salt and boil furiously fifteen or twenty minutes. When cooked tender drain and add a half-cup of cream, half salt spoonful salt and a dash of pepper. Boil up once and serve hot. The beans are enough nicer prepared this way to pay for the extra work of splitting them.

Strawberry Tapioca with Sauce—Soak over night a teacupful of tapioca in cold water; in the morning put half of it in a bak-

ing-dish. Sprinkle half a cup of sugar over the tapioca, put on this a quart of berries (reserving twelve for the sauce), half-cup of sugar and the rest of the tapioca. Fill the dish with water, which should cover the tapioca a quarter of an inch. Bake in a moderately hot oven until it looks clear. Serve cold with—

Strawberry Sauce—Beat two ounces of butter to a cream, adding gradually a half-cupful of powdered sugar, then add twelve large strawberries, mash and beat till light.

Shirley de Forest.

Box 596, Janesville, Wis.

FRIDAY, JUNE THE FOURTH.

BREAKFAST.

Stewed cherries.
Bacon on toast. Red radishes.
Coffee.

LUNCHEON.

Cracknels. Cottage cheese.
Strawberry pyramid.
Russian tea.

DINNER.

Bran soup.
Broiled shad. Lettuce salad.
Stewed peas.
Tutti frutti. Thumb cake.

Bacon on Toast—Slice breakfast bacon very thin, put each slice on a square of stale light bread, place in a baking-pan and into a hot oven, first on the bottom to brown the under side of the bread, and then on the grate above to toast the bacon and upper side of the bread. Serve as soon as brown. Very appetizing if carefully done.

Cracknels—Warm two cups of milk—half water will do—add four tablespoons of butter or lard, or a mixture of the two, one gill of yeast, one-half teaspoon of salt. Mix into dough with sufficient flour for milk to wet, let rise and then roll very thin, and cut into long strips three inches wide, prick well with a fork and bake in a slow oven.

Strawberry Pyramid—Cook a pint of rice; place a layer of it, well seasoned with a tablespoon of butter and a half-teaspoon of salt, on a pretty plate, decorated on the edge, if possible, with small strawberry leaves. Cover the rice with strawberries, sprinkled lightly with sugar, then a layer of the rice, and so on, forming the pile into the shape of a pyramid. Finish the top with a spray of the berries.

Russian Tea—Fill each glass half full of cracked ice, add a slice of lemon and two cubes of white sugar. Fill up with cold tea.

Bran Soup—This summer soup is made without meat by boiling one cup of bran in six cups of water slowly for three hours. Strain this stock and to one quart of it add one sliced onion and three tablespoons of rice, one teaspoon of salt, and just before serving, a saltspoon of celery salt, one-fourth teaspoon of white pepper, one teaspoon of chopped parsley. This inexpensive soup contains much of the nutritive properties of meat. It may be varied by adding tomatoes, potatoes or other vegetables instead of rice.

Broiled Shad—Split the fish down the back and lay on a flat dish for an hour in a marionade of one tablespoon of oil and one of vinegar, a teaspoon of salt and a half one of white pepper. Rub the bars of a double gridiron with beef suet, lay on the fish and broil over a clear, slow fire, putting inside to the fire first. When done remove to a hot dish and dress with a tablespoon of butter, one of lemon juice and one of finely minced parsley.

Tutti Frutti—Two oranges sliced, two sliced bananas and one box of strawberries arranged in layers and sprinkled with half a cup of sugar.

Thumb Cake—One cup of sugar, butter the size of the thumb, yolks of two eggs, one-half cup of water, one teaspoon baking powder in one and a half cups of flour, one-eighth of a teaspoon of grated nutmeg. Bake in moderate oven.

Mrs. Frank E. Drury.

Box 24, Orleans, Ill.

SATURDAY, JUNE THE FIFTH.

BREAKFAST.

Strawberries.
Scrambled eggs with asparagus tips
Potatoes Châteaubriand.
Buttered toast. Coffee.

LUNCHEON.

Creamed tomatoes on toast. Fish salad.
Cucumber vinaigrette.
Apple cake

DINNER.

Purée clamart.
Hamburg steak. Creole sauce.
Mashed potatoes.
Spaghetti, Italian style.
Strawberry pie. Coffee.

Scrambled Eggs with Asparagus Tips—Beat six eggs light with two tablespoons of cream, scramble in butter, and when set, sprinkle with a small half-teaspoonful of salt; stir in lightly the tender portion of one bunch of asparagus, cut in inch lengths, add a dash of pepper, and dish on toast.

Potatoes Châteaubriand—Peel one quart new potatoes size of walnuts, quite round; cook in covered vessel with three ounces butter till done (about twenty minutes). Shake occasionally to prevent sticking; sprinkle with one teaspoonful of salt and chopped parsley.

Fish salad—Boil one pound of any kind of firm fresh fish (cod or red snapper is preferable), cooked in acidulated, salted water, in which an onion has been sliced. When done and cold remove skin and bones; flake, and add an equal quantity of shredded lettuce; two hard-boiled eggs, chopped; two pickled gherkins, sliced; toss with French dressing made with equal quantities of oil and vinegar; dress high on the dish; surround the base with sixths of hard-boiled egg cut lengthwise, alternating with the slices of half a lemon; squeeze the remainder of the lemon over and serve.

Cucumber Vinaigrette—Place thin slices of cucumbers on a lettuce leaf in individual dishes, over each a tablespoonful of sauce vinaigrette—four tablespoonfuls of oil, two of vinegar and two of minced pickles; one large or two medium-sized green onions, chopped fine; a saltspoon of salt, two of mustard, and one-half spoonful white pepper; mix thoroughly.

Purée Clamart—Take the unused part of asparagus left from breakfast, one can marrowfat peas, one small onion, two potatoes and pint of water; boil slowly until all ingredients are quite done (nearly an hour), then rub through a sieve or fine strainer. If too thick, dilute with milk; season with one-half teaspoon salt and a half saltspoon of pepper. Stir in two ounces butter and three egg yolks; do not let it boil after adding eggs. Serve with one cup of small cubes of bread dried in the oven.

Creole Sauce—Cook the steaks to taste, pour over the following: Fry until a light yellow color in one ounce butter, one clove of garlic, two medium-sized onions, minced, and one tablespoonful of minced ham; add one teaspoonful of flour and cook one minute longer; then add half-can tomatoes (retaining the more solid portion), one teaspoonful of salt, one tablespoonful sugar, a little cayenne or a small red pepper pod, minced, one-third cup vinegar; cook fifteen minutes and garnish with twenty small potatoes châteaubriand left from breakfast.

Spaghetti, Italian Style—Boil half-pound spaghetti twenty minutes in salted water; cool and drain; make pint and half of tomato sauce with the balance of the can previously used, using two cloves of garlic and one onion, minced. Pour over the spaghetti; add one ounce of fat salt pork, minced or scraped and partially fried; third of cup of grated cheese; cover closely and cook very slowly for almost an hour.

Strawberry Pie—Line a pie-plate with short biscuit dough;

prick the bottom to let out the air, and bake. When cold fill with fresh ripe strawberries, sprinkled with powdered sugar, and spread over a meringue made with the three whites remaining from the soup, and three tablespoonfuls of powdered sugar; put in the oven just long enough to set the meringue.

Mrs. Imogene Thurston.

No. 110 W. Van Buren Street, Chicago.

SUNDAY, JUNE THE SIXTH.

BREAKFAST.

Pieplant sauce.
Minced meat on toast.
Cold boiled potatoes, fried whole.
Wheat griddle cakes, sirup.
Coffee.

LUNCHEON.

Soyer's eggs. Saratoga chips.
Cold asparagus salad.
Cherries. Warren gingerbread.
Tea.

DINNER.

Vegetable soup.
Stuffed veal, gravy.
Cauliflower with dressing. Mashed potatoes.
Strawberry sherbet.
Coffee.

Pieplant Sauce—In cooking pieplant do not strip off the pink skin, as it gives flavor and color to the sauce. Cook slowly, sugar to taste, and just before removing from the stove add three or four thin slices of lemon and a teaspoonful of butter.

Minced Meat on Toast—One pint of finely minced meats, one tablespoonful of butter, one teaspoonful of flour, one small cup of soup-stock or water, two-thirds of a teaspoonful salt, one-half saltspoonful pepper, one-third saltspoonful nutmeg, one-third saltspoonful ginger. Put the butter in a frying-pan and when melted and slightly browned add flour. Stir to a smooth paste, adding stock (or water) and seasoning. Lastly add the meat, allowing it to cook slowly for about ten minutes. Serve on slices of crisp toast, with a soft-poached egg on each slice. Any cold meat will do for the above; if veal, add a little lemon peel to seasoning; if pork, add a little powdered sage. Baker's bread is best for toast and should be toasted very slowly, so it may be

dried through and through while taking on a golden brown color outside.

Cold Boiled Potatoes Fried Whole—Cold potatoes (boiled) fried whole in beef drippings or suet fat (buy that around the kidneys and try it out like lard) are quite as nice as the "browned potatoes" cooked in the pan with roast beef.

Wheat Griddle Cakes, Sirup—There is a special art in making good griddle cakes, and once learned people need never have poor ones. The following is a never-failing recipe: One and one-half pints of milk, two coffeecups of sifted flour, three eggs, one-half teaspoonful salt, two rather heaping teaspoonfuls baking powder. Beat the yolks of the eggs well and add to them the milk, mixing together thoroughly. Put the flour in a bowl and pour on part of the milk. Now beat this thick batter briskly for three or four minutes (to aerate it), put the baking powder in the remaining milk, mix and add to the batter, and lastly add the beaten whites of eggs. This batter will answer equally well for waffles. The thinner the batter the more delicate the cake or waffle.

Soyer's Eggs—Slice two or three large onions very thin and fry till a nice brown. Have ready five or six hard-boiled eggs (boiled thirty minutes they are perfectly digestible), cut in slices, and a half-bowl of good gravy. Add first the gravy, then the eggs, stirring gently to blend (do not break the eggs), cook a minute or two and serve very hot. Season the onions with pepper and salt.

Cold Asparagus Salad—Left over from dinner, makes a delicious salad for luncheon with ordinary French dressing; or, better still, a little mayonnaise.

Warren Gingerbread—Good gingerbread can only be made of the dark New Orleans or Porto Rico molasses. The following is a Dixie recipe and infallible: One-half cup butter, warmed till soft; one and one-half cups molasses, three-fourths cup boiling water, three level cups sifted flour, one slightly heaping teaspoonful of soda, one and one-half heaping teaspoonfuls ginger, one and one-half teaspoonfuls cinnamon, one saltspoonful cloves, one saltspoonful nutmeg and a pinch of salt. Put molasses in one bowl and add melted butter, spices and soda. When thoroughly mixed together add the boiling water, then the flour, beating until all lumps are gone. Bake in moderate oven. As anything made with molasses burns easily, the pan must be lined with thick double paper, or, the easiest method is to use two pans, the same size, putting one inside the other.

Stuffed Veal—Get the shoulder and have the bone removed, leaving a "pocket" for the stuffing. Make the stuffing of a pint and a half of dry bread crumbs moistened with a few teaspoonfuls of milk and two of melted butter. Season with one-half teaspoonful salt, two dashes of pepper, a little sage and the grated rind of one-fourth of a lemon. Now put the stuffing in the pocket and sew or tie up securely. Rub the meat over with lemon, dredge well with flour, into which a little seasoning of salt, pepper and a little ginger has been sprinkled. Put the roast into

a good hot oven, and leave it uncovered until the flour is a light brown (there must be flour also in the bottom of the pan), and then pour over it nearly a pint of boiling soup stock or hot water. Cover closely and cook more slowly for two hours—basting frequently and renewing the water if necessary. When the roast is removed, there will be good material in the pan for a nice brown gravy. If necessary, add more flour, let it brown (on top of the stove), and add water or stock, salt and pepper. Strain and serve. Any veal left over, with the dressing, will make excellent croquettes.

Cauliflower with Dressing—Nearly all cook books give "twenty minutes" as the proper time for cooking cauliflower. Cooked a full hour it is a different vegetable, and tried once you will never cook it a shorter time. Tie it in a clean white cloth. Put it on in cold salted water (stem up) in a graniteware or porcelain-lined saucepan—never in iron or tin. When done place it (flowers up) in a hot platter and pour over it the following sauce: Rub together a tablespoonful of butter and flour to a smooth paste, add gradually a cup and a half of the water in which the cauliflower was boiled. Let this boil for two or three minutes, seasoning with salt and pepper, and just before serving add the well-beaten yolk of an egg, mixed with a tablespoonful of cold water to prevent curdling. This is also the best sauce for asparagus, using the water in which the vegetable is boiled.

Mashed Potatoes—The "greenest" girl will be indignant if her ability to prepare a dish of mashed potatoes is questioned, while, in truth, very few trained cooks make the dish to perfection. First put on the potatoes in cold, salted water, and cook till done, drain, and return to stove to dry. Next put them through a "potato press" (they only cost 15 cents), and you are then ready to make really fine mashed potatoes. For a pint and a half of potatoes put on a tumbler of milk to heat, adding salt and a lump of butter. Before the boiling point is reached pour over the potatoes and beat hard for two or three minutes. They will be white as snow, and will melt in your mouth, literally.

Strawberry Sherbet—Every family can have sherbets as often as they wish during the warm months. They are cheap, wholesome, not troublesome to make and delicious. For strawberry sherbet get two quarts of berries—the small, cheaper ones are just as good for the purpose as larger ones, if sound. When culled and washed sprinkle with sugar, about a coffeecupful. Put them over a very slow heat (use a graniteware vessel), letting them come very gradually to a boil. When you think all the juice has been set free drain through a jelly bag; there should be nearly a quart of juice, to which add nearly a pint of water and the beaten whites of two eggs. Put in your freezer and freeze, which process should take not more than fifteen or twenty minutes. In freezing sherbets or ice cream use one-third salt to two-thirds ice. The easiest way to break the ice is to put it in a coarse bag and pound with the broad part of a heavy flatiron or the flat of a hatchet. When your sherbet is frozen take

out the paddle, put a cork in the top of the freezer, drain most of the water from the pail, cover with more ice and salt, press it down with a stick and let stand till ready to use. All fruits nearly are good for sherbets, and in the autumn grape juice is excellent for the purpose—indeed, many think it best of all.

Mrs. Eleanor Morris.

583 LaSalle Avenue, Chicago.

MONDAY, JUNE THE SEVENTH.

BREAKFAST.

Strawberries and cream.
Codfish balls. Boston brown bread.
Toast. Coffee.

LUNCHEON.

Veal roll.
Thin bread and butter. Orange fritters.
Iced tea.

DINNER.

Mock oyster soup. Crackers.
Tongue. Piquant sauce.
Stuffed tomatoes. Spinach.
Mashed potatoes.
Strawberry sherbet.
Tea.

Veal Roll—Have one large veal cutlet cut as evenly as possible, so it may be evenly thick at all parts; sprinkle with finely cut parsley, then with a layer of finely chopped almonds and a teaspoonful of salt; roll and tie so it will keep in shape. Put in a stewing pan one sliced onion, a sliced carrot and two bay leaves; steam for one hour and a half; stand away to cool, then slice. This may be prepared the day you wish to use it.

Tongue—Simmer slowly in slightly salted water a fresh beef's tongue two hours and a half until tender, then take off both skin and roots. Serve whole or sliced, with piquant sauce. Garnish tongue with lemon slices.

Miss K. A. Bradford

No. 929 Fifth Avenue, New York.

TUESDAY, JUNE THE EIGHTH.

BREAKFAST.

Farinose and milk.
Watercress and sliced tomatoes.
Poached eggs on toast. Graham gems.
Coffee.

LUNCHEON.

Fried whitefish. Sliced cucumbers.
Buttermilk scones.
Strawberries and cream.
Tea.

DINNER.

Carrot cream soup.
Breast of mutton and tomato.
String beans, parsley sauce. Potatoes.
Iced pineapple.
Cheese. After-dinner coffee.

Poached Eggs on Toast—Cut slices of bread one-fourth inch thick, toast a nice brown, cut off the crust, butter liberally. Break the eggs (one at a time on a saucer) and slip into a frying-pan of boiling water, into which has been previously put half a tablespoonful of salt and two dessertspoonfuls of vinegar, which will keep the eggs nice and firm; drain the eggs and put on the toast. Serve hot.

Put the crust from the toast into the oven to dry crisp, then roll with pastry roller and use for fried fish at luncheon.

Fried Whitefish—Cut in slices one inch thick (across the fish), season each slice with a saltspoon of salt and a quarter saltspoon of pepper; whip an egg on a plate, dip the fish in the egg, then in the dried bread crumbs; fry in boiling drippings or oil.

Buttermilk Scones—One pound sifted flour, saltspoon of salt, three ounces of butter rubbed into the flour, heaping teaspoonful of baking powder. Mix the whole into a light paste with buttermilk, roll out a quarter of an inch thick, cut in three-cornered pieces and bake a nice brown. These are delicious cut open and toasted for breakfast.

Carrot Cream Soup—Wash, scrape and cut in slices enough carrots to fill a pint bowl; boil in a quart of boiling water slightly salted till soft enough to rub through a sieve with the potato-masher. Mix together in a thick saucepan two tablespoonfuls each of flour and butter, stirring with wooden spoon till they begin to bubble together. Gradually stir into this a quart of hot

milk and the carrot pulp; add hot water to make two quarts of soup. Add a small teaspoon of salt and a pinch of cayenne pepper.

Breast of Mutton and Tomato—Bone the mutton, roll and tie it, place in a saucepan with the bones, brown all over a hot fire; dredge a tablespoonful of flour over them and brown that. Put with the mutton a quart of fresh or canned tomatoes peeled or sliced. Season highly with salt and pepper; cook slowly for an hour; remove the bones and the string from the mutton and serve with the sauce.

String Beans, Parsley Sauce—String a quart of beans; cut thin lengthwise of the bean. Into three quarts of boiling water put small tablespoon of salt, and boil the beans in this for twenty-five minutes. Mince a heaping tablespoonful of nice curled parsley very fine. Put a pint of milk and water (equal parts) into a thick pan; when boiling stir in two tablespoons of flour, made into a batter with cold milk; stir till it just comes to a boil, add pinch of cayenne pepper and saltspoon of salt, stir in the minced parsley, and serve with the beans. Just before serving add a teaspoon of butter to the sauce.

Iced Pineapple—Peel a nice pineapple; hold it by the crown and grate it, using a grater with unbroken surface and a dish large enough to receive all the juice. Put the grated pineapple in a glass dish, dust it well with powdered sugar; keep on ice for an hour. Mrs. W. Birchby.

Holland, Mich.

WEDNESDAY, JUNE THE NINTH.

BREAKFAST.

White cherries iced.
Mixed croquettes. Sliced tomatoes.
Corn muffins. Honey.
Coffee.

LUNCHEON.

Cold tongue, rhubarb jelly.
Stuffed eggs.
Beaten biscuit.
Iced tea.

DINNER.

White soup.
Boiled trout, cream sauce. Iced cucumbers.
Peas in cream dressing.
Biscuit.
Rhubarb custard.
Coffee.

Mixed Croquettes—Take bits of cold meats of any kind, steaks, roasts and hams, and with scissors cut into very small pieces enough to fill a pint cup; sprinkle it with salt, add a teaspoonful of celery seed, some black pepper, two cold mashed potatoes, and a third of a cup of milk. Grate enough cold bread to fill a large cup, and beat an egg thoroughly. Mix the meat with the hands, form into balls, roll in the egg, then in the bread crumbs and fry an even brown in hot lard. Lay on green leaves and serve hot.

Cold Tongue, Rhubarb Jelly—On each piece of sliced tongue put a spoonful of rhubarb jelly made as follows: Cut up and wash the rhubarb and put on to boil with a little water. Let boil briskly, take off and strain through flannel bag, measure and put back to boil. Allow it to boil low, then add three-fourths as much sugar as juice. Boil hard for a few minutes, then turn into glasses and put in the sun. It should be a golden yellow.

White Soup—Quart of sweet milk, pint of cold water, large tablespoon of butter; two mashed potatoes, a small onion, two tablespoons tapioca. Let all boil before adding tapioca, which should be soaked in a little milk, then boil all together, adding one teaspoonful of salt and a quarter-teaspoonful of pepper; a quarter-teaspoonful of celery seed and one beaten egg added make a richer soup.

Peas in Cream Dressing—Put one pint of peas in three cups of boiling water with a thin slice of bacon and boil until tender. Pour off nearly all the water, sprinkle with a saltspoonful of salt, add a cup of cream, tablespoon of butter and let all boil up. Sprinkle well with pepper.

Rhubarb Custard—Make a custard as for custard pies, using the yolks of two eggs, pint of sweet milk and sugar to taste. Line a deep pudding dish with a light crust and place in it a layer of chopped rhubarb covered with sugar. Pour over this the custard and bake. Beat the whites, add sugar and lemon juice, spread over the pie when done, and set in oven to brown.

McBrayer, Ky. Fannie Lisbeth Carr.

THURSDAY, JUNE THE TENTH.

BREAKFAST.

Bananas.
Cerealine flakes.
Scrambled eggs. Cream toast.
Coffee.

LUNCHEON.

Cottage-cheese sandwiches.
Hominy and meat croquettes.
Lemon sherbet. Angels' food.
Iced tea.

DINNER.

Purée of asparagus.
Terrapin veal.
Mashed potatoes. Green peas.
Strawberry sponge.
After-dinner coffee.

Scrambled Eggs—Break eight fresh eggs into a small saucepan; add to them a piece of butter the size of an egg, eight tablespoonfuls of cream, two tablespoonfuls of stock, one small, level teaspoonful of salt, one saltspoonful of white pepper; stir the whole until the eggs begin to thicken, then take from the fire and with a Dover egg beater beat them until they are light and delicate, then return the saucepan to the fire and as soon as the eggs are hot pour them into a warm dish and serve at once. These are delicious if carefully made.

Cream Toast—Put in the double boiler one quart of milk, then cut even slices of stale bread and toast them a nice brown on each side. Dip each toasted slice into the hot milk a moment, then place it in the serving dish. When all are done add half a pint of milk to the hot milk, put in a large tablespoonful of butter and three-quarters of a teaspoonful of salt. Beat the yolk of one egg, add to it one small tablespoonful of flour and two tablespoonfuls of cold milk. Mix together until smooth and stir it into the boiling milk. Let it boil until it is creamy, stirring it all the while. Then put it into the dish with the toast, lifting up the slices carefully so the cream will be at the bottom of the dish and all around the toast. Fill the dish nearly full of the cream, and if there is any left put that in a bowl, and send all to the table very hot.

Cottage-Cheese Sandwiches—Take nice white bread and prepare it as for any sandwich, butter smoothly, then spread with a seasoned layer of cottage cheese through which small bits of the spicy watercress are plentifully scattered; place another buttered slice on top, cut them in strips or any shape desired. Arrange on a nice plate on a folded napkin and serve.

Hominy and Meat Croquettes—Boil the hominy the day before; make the croquettes in the morning. Put half a cupful of milk into a saucepan; when boiling hot stir into it two large tablespoons of butter, one cupful of boiled hominy, one cupful of finely chopped meat, one-half teaspoon of salt and a saltspoon of pepper. Mix all thoroughly; when it begins to boil add one well-beaten egg, cook two minutes and pour the mixture out to cool. When cold form into small cylinder croquettes, dip in egg, then in fine bread crumbs, place them on a board sprinkled over with crumbs and keep in a cool place until ready to fry. Then carefully place them in a frying basket, being careful not to crowd them; fry a light brown and serve very hot.

Lemon Sherbet—Take one teaspoonful of gelatine, soak it one hour in enough cold water to cover it, then add one cupful of

boiling hot water and stir until dissolved. The juice of six lemons, one good pint of granulated sugar and one quart of cold water. Mix together the sugar, lemon juice, water and gelatine; strain it into the can and freeze.

Terrapin Veal—Two pounds of veal cut into small pieces, two tablespoons of melted butter and half a tablespoon of grated onion. Cook slowly five minutes, then add the meat and cook until it browns, stirring often. Thicken with one heaping tablespoon of flour and add slowly a cup of hot stock, one tablespoon of mushroom catchup, a heaping teaspoon of salt, a saltspoon of pepper; simmer two hours. Then add one cup of cream, three hard-boiled eggs chopped fine and a teaspoon of lemon juice. Serve hot.

Strawberry Sponge—One quart of berries, one-half box of gelatine, one and one-half cups water, one cup sugar, juice of one lemon, beaten whites of four eggs. Soak gelatine in one-half cup of the water; mash the berries and add the sugar to them; boil the remainder of sugar and the cup of water gently twenty minutes; rub berries through a hair sieve; add gelatine to boiling sirup; take from the fire and add berry juice; place bowl in pan of ice water and beat with egg beater five minutes; add beaten whites and beat till it begins to thicken. Pour into well-wet molds and set on ice.

Mrs. J. W. McGowan.

Farmington, Ill.

FRIDAY, JUNE THE ELEVENTH.

BREAKFAST.

Strawberries.
Breakfast food, cream and sugar.
Whipped eggs. Muffins.
Coffee.

LUNCHEON.

Peas in cases. Cheese sandwiches.
Rice, with strawberry dressing.
Lady fingers. Iced tea.

DINNER.

Cream of peas soup.
Baked halibut steaks, cucumber salad. New potatoes.
Pineapple. Sunshine cake.
Coffee.

Strawberries—Dip the strawberries in foudant (the melted sugar used by confectioners) or in the beaten white of egg and

then in powdered sugar. These snowy balls are then arranged in a glass dish and decorated with strawberry leaves.

Whipped Eggs—Beat six eggs till light and pour into two quarts of fast-boiling salted water. Stir vigorously for two minutes, drain in a fine sieve, turn out on a hot platter and garnish with crisp bacon. This may also be served on buttered toast.

Peas in Cases—New peas may be daintily served in cases made of mashed potatoes. Mash the potatoes nicely, stiffen the mass by adding flour, season with salt and pepper and bake it in fluted cake tins, placing a bit of bread in the center of each to keep the cases in shape and removing it as soon as all the shell is baked. Then prepare the peas in the following manner: Cook a pint of shelled peas in just as much water as will keep them from burning. Do not cover the kettle while cooking any green vegetable, as the confined steam will always change the color to a yellowish shade of green. When the peas are tender add a tablespoonful of flour, into which has been rubbed a tablespoonful of butter; as soon as the liquor has been thickened by this paste season with a saltspoon of salt and a dash of pepper, pour into the cases and serve hot.

Cheese Sandwiches—Cut brown bread into very thin slices, buttering lightly. Lay between two of these slices, sandwich fashion, a filling made of cream cheese or cottage cheese in which has been mixed chopped olives. These sandwiches are new and delicious.

Rice with Strawberry Dressing—Pour two cupfuls of boiling water on one cupful of well-washed rice; add one teaspoonful of salt; cook in double boiler thirty minutes. Add a pint or more of milk and a heaping tablespoonful of butter. Boil until perfectly tender and not too dry. Pour into a dish and let stand until cold. Dressing: One cupful of powdered sugar, one tablespoonful of butter; beat to a cream; one cupful fresh, ripe strawberries. Put in the last the well-beaten white of an egg. In serving put into each saucer some rice and on the rice place a liberal portion of the dressing. Delicious.

Lady Fingers—Two eggs, one-half cupful flour, scant half cupful of powdered sugar. Have the bottom of two baking pans lined with buttered paper. Beat the yolks of the eggs and the sugar to a froth. Beat the whites to a stiff, dry froth and add to the yolks and sugar; flavor with a few drops of vanilla; add the flour and mix carefully and quickly. Pour the mixture into the pastry bag and press it through on the paper any size you wish. Sprinkle powdered sugar over and bake sixteen minutes in a slow oven.

Baked Halibut Steaks—Trim the stakes, lay them in a roasting-pan, and for two pounds use one cup of cream or milk, one teaspoonful of flour, one tablespoon of butter, one teaspoon of salt, and a saltspoon of pepper. Dredge the steaks with the flour. Add the seasoning and dot with the butter; then pour over the cream, and bake fifteen minutes in a quick oven;

garnish with parsley and serve with lemon. These are delicious. Fresh cod may be treated in the same way, and if any is left it will make an excellent scallop.

New Potatoes—Wash and scrub well, but do not peel. Put into boiling salted water, enough to cover two inches, and cook rapidly for fifteen to twenty minutes. Pour off all the water, and if the potatoes are not quite tender set them in a hot place, covered, to steam until they are. When they are done sprinkle with salt, shake them till the skins crack, and serve in a folded napkin. The attractive appearance of a dish predisposes one to like its contents.

Sunshine Cake—Eleven whites of eggs, six yolks of eggs, one teaspoon cream of tartar, one and one-half cups sifted granulated sugar, one cup flour, the grated peel of one orange. Beat whites till stiff and flaky, then whisk in one-half the sugar; beat the yolks very light and add flavoring and the other half of the sugar; put yolks and whites together and add flour and cream of tartar, mixing as quickly as possible. Bake fifty to sixty minutes in a slow oven, using angel-cake pan.

Mrs. W. P. McAfee.

No. 703 East Kent Street, Streator, Ill.

SATURDAY, JUNE THE TWELFTH.

BREAKFAST.

Stewed cherries.
Rice, with sugar and cream.
Ham balls. Radishes.
Breakfast rolls.
Coffee.

LUNCHEON.

Brown bread and butter.
Egg salad.
Strawberry shortcake.
Iced tea.

DINNER.

Cream of asparagus soup.
Mutton chops, with tomato sauce.
Potato soufflé.
Young onions.
Banana pudding.

Stewed Cherries—Add one quart of washed and stemmed cherries to a sirup made of one cup of sugar and one-half cup of water. Boil five minutes.

Rice—After thoroughly washing and rubbing one cup of rice put it into boiling water, enough to cover it twice over, in a custard kettle; add half a teaspoonful of salt, cook for fifteen minutes, then pour off water, add half a cup of rich milk and allow it to cook half an hour longer.

Ham Balls—Chop fine pieces of cold cooked ham. Add four tablespoonfuls of stale bread crumbs to one-half cup of milk, stir and cook until thick, add yolks of two eggs, take from the fire and add one cup of chopped ham, one-half saltspoon of pepper and one teaspoonful of chopped parsley; mix and stand away to cool (may be prepared the day before). When cold form into balls, dip into the beaten whites of the eggs, then in bread crumbs and fry in smoking-hot fat. Serve very hot and garnished with sprigs of parsley.

Breakfast Rolls—Two quarts of sifted flour, one pint of milk, two tablespoonfuls butter or lard, one tablespoon sugar, one teaspoonful salt, half a cake compressed yeast. Put the flour into a bread pan, pour into it the milk (which must be boiled and then cooled), add the butter, salt, sugar and yeast; knead and let rise over night. Cut off pieces and carefully shape into rolls the desired size by rolling between the hands, but do not knead them. Set in a warm place and they will quickly rise ready for baking.

Egg Salad—Eight hard-boiled eggs, four crackers rolled fine, one-half cup vinegar, one teaspoon each of mustard, celery seed and salt, one saltspoonful of pepper and one tablespoonful of butter. Separate eggs and chop fine each part, heat the vinegar with the butter and pour over the eggs; then add crackers and spices. Mix lightly and garnish with lettuce.

Strawberry Shortcake—Sift three cupfuls of flour, two teaspoonfuls of baking powder, one pinch of salt and one tablespoonful of sugar together four times, then rub into the mixture one-half cup of butter and lastly add one-half cup of sweet milk, mixing as quickly and lightly as possible with a spoon. Bake in three layers in a very quick oven. When done place one layer on a plate, butter well with good sweet butter, cover plentifully with berries and sugar. Place layer upon layer, treating each in the same manner, reserving the finest and largest berries for the top layer, which should be dusted over with powdered sugar. Serve with cream and sugar.

Tomato Sauce—Put one tablespoonful of butter in a frying pan; when melted add one tablespoonful of flour, mix and add half a pint of strained stewed tomatoes (canned tomatoes answer as well as fresh ones), stir until it boils, add a teaspoonful of grated onions, a half-teaspoonful of salt and a saltspoonful of pepper.

Potato Soufflé—Steam six large potatoes; when done peel and mash; add a tablespoonful of butter, half a pint of hot milk, one teaspoonful of salt and a saltspoonful of white pepper; beat until very light and perfectly smooth. Froth the white of an egg, stir it gently in with the potatoes, heap on a dish and set in a quick oven to brown.

Banana Pudding—Put one pint of milk over the fire in a custard kettle. Beat two eggs with three-fourths of a cupful of sugar into which has been mixed one teaspoonful of cornstarch. Stir this mixture into the boiling milk, and when it thickens remove from fire and add the juice of half a lemon. Cut stale cake in thin slices and line a dish with the slices. Cover the cake with banana sliced thin, and over this pour a cupful of the custard. Then add another layer of cake and banana, and over all pour the remainder of the custard. Set on ice and let get very cold. Just before serving cover with a cupful of whipped cream.

Mrs. John Quigley.

No. 3550 Farnam Street, Omaha, Neb.

SUNDAY, JUNE THE THIRTEENTH.

BREAKFAST.

Sugared raspberries.
Salt cutlets. Creamed potatoes.
Colonial pancakes with maple sirup.
Coffee.

LUNCHEON.

Meat salad with domestic dressing.
Crackers and rolls. Olives.
Cherry tart.
Tea.

DINNER.

Summer soup.
Fried spring chicken. New potatoes, creamed.
Green peas. Sliced cucumbers.
Frozen pineapple custard. Geranium cake.
Coffee.

Salt Cutlets—Soak six thin slices of salt pork in milk and water over night. Roll each slice in flour and fry crisp and brown in hot lard. After that, dip each slice in beaten egg and roll in bread crumbs and return for a few moments to the hot fat. A good relish.

Colonial Pancakes—All that is needed to make delicate pancakes is sour milk, soda, salt and flour. Into one pint sour milk beat one pint flour and one-half teaspoonful salt. Success depends upon the thoroughness with which this is done. If beaten sufficiently the mass will be bubbling before the soda is added. Just before baking stir into the mixture one-half teaspoonful soda dissolved in one-half cupful sweet milk.

Meat Salad with Domestic Dressing—One and one-half cupfuls chopped cold veal. One head of celery or one cupful chopped cabbage or the solid heart and stems of lettuce. Use celery salt with the cabbage and lettuce. Mix and pour over it a dressing made as follows: Into the yolks of two eggs beat one teaspoonful salt and one of mustard. Stir in two-thirds cupful vinegar and heat to near boiling, stirring all the time. When cold add two tablespoonfuls thick sweet or sour cream.

Cherry Tart—One teacupful stoned cherries. One cupful sugar. One tablespoonful flour, and one egg beaten very light. Mix and fill a pie-tin which has been lined with crust. Cross narrow strips of the crust over the top. Excellent recipe for any kind of fruit.

Summer Soup—One large onion, one large carrot, two turnips, one-half small head cabbage, one-half bunch celery, one teacupful stewed tomatoes. Chop very finely all the vegetables except the tomatoes and cabbage and set them over the fire with three pints water. They should simmer gently for half an hour, when the cabbage should be added, having previously been parboiled and chopped. In fifteen minutes more put in the tomatoes and a bunch of sweet herbs and give all a lively boil for twenty minutes. Rub through a colander and return to the fire. Stir in a good tablespoonful of butter, half a cupful of cream with a tablespoonful of cornstarch, and a teaspoonful of salt and quarter-teaspoonful pepper. Let it boil up and serve.

Frozen Pineapple Custard—One pint of milk and three eggs. Beat the yolks with one small cup sugar and stir into the milk, then heat it to nearly the boiling point, stirring all the time. When cold add one cupful sweet cream and the beaten whites of the eggs. Place in the freezer and turn till almost solid, then stir in one small pineapple which has been chopped and had one cupful of sugar sifted over it for three hours. Every family should have a freezer, for frozen custards are delicious and inexpensive.

Geranium Cake—Stir one-half teacupful butter to a cream with one cup sugar; add, by degrees, two-thirds cupful water and two cupfuls flour which have been sifted with one teaspoonful baking powder; then fold in the stiffly-beaten whites of four eggs. Line a square tin with oiled paper, over which place a layer of rose-geranium leaves. Pour the cake mixture over the leaves and bake. The result will be a delicate flavor difficult to imitate, and the leaves pull off readily without leaving any trace.

If frosting is desired make as follows: Boil one-third teacupful water and one teacupful sugar ten minutes, or till it hardens in cold water; then add three tablespoonfuls cream and beat till cool.

Mrs. L. T. Hunter.

Warren, Ohio.

MONDAY, JUNE THE FOURTEENTH.

BREAKFAST.

Iced cherries.
Broiled breakfast bacon.
Johnny cake. Coffee.

LUNCHEON.

Tomato bisque with croutons.
Bread and butter. Lettuce salad.
Cocoanut cake. Tea.

DINNER.

Roast beef and Yorkshire pudding.
Browned potatoes.
Radishes. Peas.
Gooseberry tart. Coffee.

Iced Cherries—Wipe the cherries carefully with a soft cloth. Place in ice box over night. Serve in a pretty glass bowl with cracked ice.

If the butter for breakfast and luncheon is made into pretty rolls with butter pats, then laid on a lettuce leaf with some cracked ice, it looks much more appetizing and dainty. Or the butter-dish can be garnished with a sprig of parsley and some ice.

Tomato Bisque—Put half a can of tomatoes in a pot, add half-cup water and a small slice of onion. Let simmer slowly for fifteen minutes. Press through a colander, return to pot; add a pinch of baking soda. Have a pint of milk (or a little more if wanted) at scalding point; pour slowly into the tomato, stirring briskly. Add pepper and salt to taste, a teaspoon of butter and two tablespoons of well-boiled rice. Let simmer for three or four minutes; serve in hot tureen. The rice makes the soup just thick enough. Add the croutons the last thing.

Croutons—Take a slice of bread half an inch thick and cut into small squares. Have a teaspoon of butter in frying-pan. When hot and frothy add the bread and toss in pan until each piece is browned equally. Croutons make a great addition to the soup.

Cocoanut Cake—This recipe makes a very light and delicious cake, and is very economical. Take two scant tablespoons butter and half a cup of sugar and smooth to a cream. Use two eggs, putting aside the white of one for the frosting. Beat the rest together very light, add to the butter and sugar. Then add one-half cup milk, one cup flour, three-fourths teaspoon baking powder, one-fourth teaspoon vanilla. This quantity makes a two-layer cake. Bake ten or twelve minutes in hot oven. Beat the white of egg for frosting very stiff, add two teaspoons powdered

sugar and a few drops of vanilla. Spread over one layer with half of this and sprinkle with prepared cocoanut or fresh-grated cocoanut. Then add the other layer and treat same way. Return to oven for about a minute to set the frosting. This makes a cake large enough for two meals.

Roast Beef and Yorkshire Pudding—Have the beef rolled and save the bones for soup. Rub well with mustard and salt. Set the roast in the pan on a meat rest and baste constantly with the hot dripping. About half an hour before serving put in the potatoes and baste quickly; then pour the batter for Yorkshire pudding under the meat so that the gravy can drop in it. To make the batter, take one egg, one-half cup milk, pinch of salt and flour enough to make a thin batter. When cooked cut in squares and serve on platter with roast.

Gooseberry Tart—Preserve a pint of gooseberries. Line a pie-plate with a rich crust. Then add a border of the paste about an inch wide. Press down lightly with a fork. Add the gooseberries and cross the tart with three narrow twisted strips of paste. Moisten the strips with a drop of water at each end to make them adhere to the border of the tart. Cook about twenty minutes in hot oven. This should be served very cold, and is delicious with the addition of whipped cream.

Mrs. L. B. Russell.

No. 4425 Vincennes Avenue, Chicago.

TUESDAY, JUNE THE FIFTEENTH.

BREAKFAST.

Strawberries. Flummery.
Tomato omelet. Brown bread.
Coffee.

LUNCHEON.

Broiled whitefish. Creamed potatoes.
Rice buns. Gooseberry fool.
Iced tea.

DINNER.

Potage à la bonne femme.
Beef olives. Cauliflower au gratin.
Strawberry cream. Coffee.

Flummery—Three handfuls of small white oatmeal, a saltspoon of salt, one tablespoon of white sugar, two tablespoons of orange flower water. Put the oatmeal in cold water enough to cover it and let it steep a day and a night; then pour it off clear

and add as much more water, and let it stand the same time. Strain it through a fine sieve, add the salt, and boil it till it becomes as thick as hasty pudding, stirring it well all the time. Add the sugar and flower water, pour into shallow dishes and serve to eat with milk or sugar.

Tomato Omelet—One tomato, three eggs, a piece of shalot, one and one-half ounces of butter; skin the tomato, cut it up into small pieces, add the piece of shalot chopped up; take the eggs and beat the yolks and whites separately; mix the tomato, shalot and just a dash of pepper and quarter-teaspoonful of salt with the yolks. Put the butter into the omelet-pan and make it quite hot, then stir the whipped whites lightly into the yolks; put the mixture into the omelet-pan and cook for about three minutes, stirring all the time.

Creamed Potatoes—Make a cream sauce of one tablespoonful of butter, one tablespoonful of flour, one-half pint of milk, one-quarter teaspoonful of salt. Rub the butter and flour together until smooth and add it to the milk when boiling. When creamy add the salt. Cut four cold boiled potatoes into small blocks, place them in a baking-dish and cover with the cream sauce. Sprinkle over a thin layer of bread crumbs and bake until a nice brown.

Rice Buns—Two ounces of flour, four ounces of ground rice, four ounces of sugar, two ounces of butter, two eggs, one-half teaspoon of good baking powder, a pinch of salt. Cream the sugar and butter, add half the flour and one egg, then the remainder of the flour, egg and baking powder (be sure to mix the flour and ground rice together while it is in its dry state), grease some patty or gem-pans, and fill them two-thirds full with the mixture; bake them for fifteen minutes. Enough to make buns for two luncheons and very good when kept in closed tin from the air.

Gooseberry Fool—Pick one quart of young gooseberries and put them into a jar with very little water and plenty of sugar; put the jar into a sauce-pan of boiling water till the fruit becomes quite tender, then press it through a colander, and add one quart of cream or rich milk (be sure to stir in the cream or milk very gradually so that it will not curdle), pour into small glasses and set in a very cool place till wanted. The amount of sugar must be according to one's liking. (This is good.)

Potage à la Bonne Femme—Two small lettuces, two leaves of sorrel, four sprigs of tarragon, one cucumber, one ounce of butter, one teaspoon of white sugar, one-half teaspoon of salt, one pint and a half of thin white stock or water that meat has been boiled in, yolks of three eggs, one gill of milk, the crust of a French roll. Wash the lettuce, sorrel, tarragon and shred them all finely. Peel the cucumber, cut into thin slices and shred them also. Melt the butter in a stew-pan, place in the shredded vegetables and herbs and cook them for five minutes, but do not let them discolor. Sprinkle over the salt and sugar, add the stock and let the vegetables boil slowly until tender. Beat the eggs and milk together; take the stew-pan containing the soup off the fire

and let it cool, then strain in the eggs and milk; place the stew-pan on the fire and stir until the eggs are cooked. Put the crust of a French roll in the oven to dry for a few minutes, then cut it into small, round pieces. Put these into the tureen and pour the hot soup over them.

Beef Olives—One pound and a half of beef, three ounces of bread crumbs, two ounces of suet, one teaspoon each of chopped parsley, thyme and marjoram, a grating of nutmeg and lemon rind, one egg, one pint of brown gravy. Cut the beef into pieces of half an inch thick and four inches long, and beat them out flat. Chop up the trimmings of the beef, the suet, parsley, thyme and marjoram and mix them in a bowl with the bread crumbs, the grated lemon rind, nutmeg, one-half teaspoon of salt, just a dash of pepper and the egg; stuff each piece of beef with this mixture, roll it up and tie round with a piece of string. Place these stuffed rolls of beef in a stew-pan with one pint of seasoned brown gravy (that has been left over from roast meat) and stew gently for three-quarters of an hour. For serving take off the string and dish up with a border of mashed potato and gravy poured round.

Cauliflower au Gratin—Boil one nice cauliflower in salted water till tender, then take up and drain. Mix one-half ounce of butter and one ounce of flour together, add one gill of cold water and stir the sauce over the fire till it is thick and quite smooth, then add one tablespoon of cream and a pinch of salt; stir in one ounce of grated Parmesan cheese and pour this gently over the cauliflower, sprinkle another ounce of cheese over the top and brown either before the fire or in very hot oven. Serve very hot.

Strawberry Cream—There will be sure to be some strawberries left over from breakfast, as one can always get them cheaper by taking more than enough for one meal. Take the stalks off and clean about one quart of berries; put them on a hair sieve, sprinkle over one ounce of white sugar, and pass them through the sieve. Put one ounce of gelatine into a stew-pan with three tablespoons of cold water, the juice of one lemon and two ounces more of white sugar; when the gelatine is melted strain it into the strawberries, add half pint of whipped cream, stir all lightly together, pour into a wet mold and put it away in a very cool place to set till wanted. Mrs. H. Ross Edwards.

Anderson, Ind.

WEDNESDAY, JUNE THE SIXTEENTH.

BREAKFAST.

Black raspberries.
Tomato toast with poached eggs.
Hashed potatoes.
Yeast puffs and coffee.

LUNCHEON.

Cheese omelet.
Thin bread and butter. Olives.
Shredded pineapples. Hot or iced tea.

DINNER.

Onion soup.
Fish maitre d' hôtel. Baked potatoes.
Deviled eggs. Sliced cucumbers.
Banana float and cake.

Tomato Toast with Poached Eggs—Place three sliced ripe tomatoes in a saucepan over the fire; add one-half teaspoonful salt, three dashes pepper, one teaspoonful sugar and same of butter; boil ten minutes. In meantime toast five slices of bread, butter them and place on hot dish. Pour the tomatoes over the toast and on each slice place one poached egg.

Yeast Puffs—Sift one pint flour in a bowl, add one-quarter teaspoonful salt, one tablespoonful sugar, one ounce butter (rub butter fine in the flour), break one-half yeast cake into one cup lukewarm water; set cup in warm place until yeast rises to surface, then add it to the flour; add also one-half cupful lukewarm water and one egg; mix all into a smooth batter; let it stand over night. In morning butter some gem tins and fill half full with the batter, bake in a medium-hot oven and serve in a napkin.

Cheese Omelet—Grate two ounces of cheese; mix the yolks of two eggs with one-eighth teaspoonful of salt and same of pepper, and two tablespoonfuls of cold water; beat the two whites to a stiff froth; add slowly while beating constantly the yolk mixture to the whites; place a frying-pan with one teaspoonful of butter over the fire; when hot pour in the mixture, and as soon as the omelet is brown underneath sprinkle over one-half the grated cheese; place the pan for a few minutes in a hot oven, then turn omelet so both sides meet in center; turn on a hot dish. Prepare another omelet in the same way.

Onion Soup—Parboil two large onions five minutes, then remove and chop fine; add one tablespoonful grated carrot; place them in a sauce-pan over the fire with one ounce beef fat; cook six minutes; add one tablespoonful flour; stir a few minutes, then add one quart boiling water, one-half teaspoonful salt, a few dashes of pepper, and one teaspoonful beef extract. Cook thirty minutes, then strain and add one-fourth cupful cream and serve. This soup is very nourishing and wholesome.

Fish Maitre d' Hôtel—Procure three slices of fresh codfish, remove skin and bones and cut slices in half; season with one teaspoonful of salt and a few dashes of pepper; dust with flour; dip the pieces in beaten eggs, cover them with freshly rolled cracker crumbs, and fry in larding pork or lard; lay fish on hot

dish; stir one ounce of butter to a cream, add one tablespoonful lemon juice, one tablespoonful fine-chopped parsley and one-quarter teaspoonful nutmeg; spread this over the fish and serve.

Deviled Eggs—Boil three eggs twenty minutes, then place in cold water; when cool remove shells and cut eggs in halves, remove yolks without breaking whites and mix with them one teaspoonful melted butter, one saltspoonful of salt, three dashes of pepper, a pinch of mustard and a few drops of vinegar. Stuff the whites with this mixture and place them on lettuce leaves. A little salad dressing can be poured over them if desired.

Banana Float—Place in a double boiler one pint of milk, two tablespoonfuls sugar and the yolks of two eggs; add one teaspoonful cornstarch, stir over fire until thick, then add a little vanilla flavoring. When custard is cold beat the two whites to a stiff froth; mix with two tablespoonfuls of sugar, cut three bananas into slices and place in dish, pour over the custard and put whites of eggs on top in shape of snow balls.

Cassie J. Willis.

No. 4700 Grand Boulevard, Chicago.

THURSDAY, JUNE THE SEVENTEENTH.

BREAKFAST.

Sliced pineapple.
Rice and meat croquettes.
Hot rolls.
Coffee.

LUNCHEON.

Broiled shad. Sliced cucumbers.
Bread and butter.
Chocolate custard. Ginger cookies.
Iced tea.

DINNER.

Asparagus soup.
Roast veal with gravy.
Mashed potatoes. Wax beans.
Lettuce salad.
Sea-foam cake. Strawberry sherbet.

Chocolate Custard—Scald one quart of milk and add four tablespoonfuls grated chocolate, stirring until all the chocolate is dissolved; then cool it a little. Beat up the yolks of six eggs with one cup of sugar and stir into the milk and chocolate. Add a teaspoonful of vanilla and pour into cups. Stand the cups in a

baking dish with about one inch of water around them. Put into the oven and bake slowly until set. When done beat up the whites of two eggs with two tablespoonfuls of sugar, spread on custard and brown in the oven. To be served cold. These are very nice.

Ginger Cookies—One-half cup molasses, one-half cup buttermilk, one egg, one-half cup sugar, one-half cup butter (melted), one teaspoonful soda, one teaspoonful of ginger. Mix with flour soft as can be handled. Roll out and bake in hot oven.

Wax Beans—String, snap and wash one quart of beans, boil in only enough water to cover them until very tender. When done add a dressing of half a cup of milk, half a cup of cream, piece of butter size of an egg, one teaspoonful salt and quarter-teaspoonful pepper. Let it boil and serve.

Strawberry Sherbet—Mash two quarts of acid strawberries with two pounds of sugar; let stand an hour or more, squeeze in a straining cloth, pressing out all the juice; add an equal measure of water. Pour into a freezer, and when half frozen add the beaten whites of eggs in the proportion of three eggs to a quart of the liquid. Freeze until firm.

Sea-Foam Cake—The whites of ten eggs, beaten very stiff, one and a half cups of sugar, one cup of flour, one-half teaspoonful of baking powder. Sift the flour and sugar together four times, then add the baking powder and sift four times more. Stir gradually into the beaten whites, pour into a buttered and paper-lined pan and bake in a rather cool oven until done. It will bake in about forty or fifty minutes. This is almost like angels' food.

Mrs. L. L. Snider.

Osceola, Neb.

FRIDAY, JUNE THE EIGHTEENTH.

BREAKFAST.

Strawberries.
Poached eggs on toast. Broiled ham.
Coffee.

LUNCHEON.

A meal in itself.
Thin bread and butter. Pickles.
Stewed cherries. Hot or iced tea.

DINNER.

Asparagus soup.
Broiled shad. Potato croquettes.
Egg salad. Sliced cucumbers.
Pineapple fritters.
After-dinner coffee.

Broiled Ham—Select a nice large slice of rather lean ham, broil lightly on both sides, season with a dash of pepper.

A Meal in Itself—Boil one-quarter pound macaroni in slightly salted water until tender. Grate cheese over it, add a spoonful cold stewed tomato, then a light layer of chopped meat. Season with salt, pepper and a little cold gravy and small pieces of butter. Repeat this until the dish is full, adding milk to moisten. Bake about one-half hour. This is nutritious and very good indeed.

Stewed Cherries—Pick and wash one quart cherries. Cover with sufficient boiling water to cook them. When half done add three-fourths large cup sugar, stir lightly and cook slowly until the sirup is clear and thick.

Egg Salad—Boil three eggs until hard and place in cold water. When cold take off shells, slice in two lengthwise. Lay on a dish covered with lettuce leaves. Pour over a sauce made of three tablespoons melted butter, one of lemon juice, one of minced pickle, one-half teaspoon of grated lemon rind, a little white pepper and small saltspoon salt.

Pineapple Fritters—Make a batter with one egg beaten separately. To the yolk add one-half cup milk, pinch of salt and enough flour to make a stiff batter; the beaten white and a half-teaspoon baking powder. Open a can of best pineapple. Cut each slice in half, dip in the batter and fry in very hot lard. Drain, sprinkle with powdered sugar and serve on a dish covered with a napkin. One-third can of pineapple is sufficient for a meal. The same quantity of fresh pineapple is much more desirable and at this season no more expensive.

A. M. Landis.

No. 1115 North Clark Street, Chicago.

SATURDAY, JUNE THE NINETEENTH.

BREAKFAST.

Stewed gooseberries.
Wheatina.
Codfish balls. White corn cakes.
Coffee.

LUNCHEON.

Melton veal.
Rice croquettes. Radishes.
Entire-wheat buns.
Cocoa.

DINNER.

Savory soup.
Chicken stew. Potato puff.
Cucumbers.
Sago cream with strawberry sauce.
Coffee.

Stewed Gooseberries—Pick over a quart box of gooseberries, put over the fire with a little water and about three-quarters of a cup of sugar. Stew gently until the skins are well broken. Serve very cold.

Codfish Balls—Shred a cup and a half of salt codfish, letting it lie in cold water during the process, as well as over night. Put into a dish with three cups of sliced raw potatoes. Cover with boiling water and boil gently until the potatoes are soft. Drain off all the water and mash thoroughly with a potato masher. Add a little pepper, two tablespoonfuls of milk, a tablespoonful of butter and beat with a fork until light and creamy. When cool flour the hands and mold into flat cakes. Fry in a deep kettle in a wire basket. These may be prepared the day before and are much more palatable than those made with the codfish shredded and put up in boxes.

Melton Veal—Take a pound any cold veal, chop it fine and season with one-half saltspoon of salt, one saltspoon of pepper and a teaspoonful of lemon juice. Add two or three tablespoonfuls of cracker crumbs and moisten with soup stock or hot water. Take one-third as much finely chopped ham as of veal, season with mustard and cayenne, add one tablespoonful of cracker crumbs and moisten with hot stock or water. Butter a mold and line it with slices of hard-boiled egg. Put in the two mixtures irregularly, so that when cut it will have a mottled appearance; press in closely and steam three-quarters of an hour. Set away to cool. Remove from the mold and slice before serving. This is a convenient way of serving pieces of veal that would not otherwise be utilized.

Rice Croquettes—One pint of cold boiled rice warmed in a double boiler with two or three tablespoonfuls of milk. When soft add one egg, well beaten, one tablespoonful of butter, half a teaspoonful of salt, a little pepper and one heaping tablespoonful of fine-chopped parsley. Shape, roll in fine dry crumbs, then in beaten egg and again in crumbs, and fry in smoking-hot fat, the same as for fishballs.

Entire-Wheat Buns—Scald one large cupful of milk. Pour it hot over one-half cup of sugar and one-half teaspoonful salt. Add one-quarter cup of melted butter. When luke-warm add one-half cake compressed yeast dissolved in a cup of luke-warm water. Stir in about three cups and a half of entire-wheat flour, adding a well-beaten egg and one-half cup dried currants. Let it rise until light. If too soft to handle, add a little white flour. Knead a few minutes, roll out, cut into biscuits and let them rise again

until very light. Bake about twenty minutes in an oven not so hot as for white biscuits.

Chicken Stew—Get a fowl for boiling, singe and cut into pieces for serving. Cover with boiling water, add one heaping teaspoonful of salt, and simmer until tender. Remove the chicken to a hot platter, strain the liquor and remove the fat. Add to the liquor one cup of milk and heat it again. Melt a large tablespoonful of butter in a sauce-pan, add two tablespoonfuls of flour, and when well mixed pour on slowly the liquor. Add one-quarter teaspoon of salt, one-eighth teaspoon of pepper, half a teaspoonful of celery salt and one teaspoonful of lemon juice. Pour over the chicken and serve.

Potato Puff—Prepare one pint of hot mashed potatoes seasoned with one-half teaspoon salt, one-quarter saltspoon pepper, one-half teaspoon celery salt, and butter size of walnut, making it quite moist with hot milk. Beat the yolks and whites of two eggs separately, and stir them into the potatoes when slightly cooled. Turn into a shallow baking dish, pile it in a rocky form and bake until it is puffed and browned.

Sago Cream—Cook one-half cup of sago in one pint of milk until clear, add a pinch of salt and three tablespoons of sugar. Beat the whites of three eggs, add to the mixture and cook two minutes. Flavor with lemon when a little cool and fold in lightly one cup of whipped cream. Pour into a mold and set on ice.

Strawberry Sauce—Crush a pint of berries, add half a cup of sugar and let them stand an hour or two. Serve on each dish of the sago cream. Addie S. Chenoweth.

No. 138 Scoville Avenue, Oak Park, Ill.

SUNDAY, JUNE THE TWENTIETH.

BREAKFAST.

California cherries.
Iced wheat flakes, cream and sugar.
Watercresses.
Creole kedgeree. Buttered toast.
Coffee.

LUNCHEON.

Beef-kidney stew.
Green bean salad, roumaine dressing.
Baked southern waffles.
Waukesha cream cheese.
Russian tea.

DINNER.

Cream of onion soup.
Lamb chops in batter (New Orleans style).
Stewed potatoes. French peas.
Chilled tomatoes, mayonnaise dressing.
Raspberry custard. Perfection sponge cake.
Black coffee.

Iced Wheat Flakes—Stir four heaping tablespoonfuls of Fruen's wheat wafers into three and a half cups of fast boiling water, add a half-teaspoonful of salt, and cook for twenty minutes, using a double boiler if you have it. Cook the wafers the day before using, pour into coffee cups, filling each half full, place on ice over night and when ready to serve remove from cups and eat with powdered sugar and cream.

Creole Kedgeree—One cup of cold salmon or codfish steak (left over from yesterday's dinner), flaked and freed from bone; one cup cold boiled rice; one cold boiled egg, chopped fine; one-half teaspoonful of salt; one-fourth of a saltspoonful of cayenne pepper; one level tablespoonful of butter, and, if you have it, a saltspoonful of curry powder. Mix well together, cook for three minutes and serve with thin slices of nicely browned buttered toast.

Green Bean Salad—Pour the liquor from a pint of well-cooked, cold string beans and lay them upon a towel to drain perfectly. Dress with a roumaine salad dressing made as follows: Grate a teaspoonful of onion, mix it with an equal quantity of lemon juice, a heaping saltspoon of salt and one of powdered sugar, a level saltspoonful each of pepper and dry mustard, and a tablespoonful of salad oil. Sugar may be omitted.

Baked Southern Waffles—To one pint of flour add one cup of warm—not hot—cornmeal mush, a small teaspoonful of salt, four eggs beaten light (yolks and whites separately)—a half cupful of cream, and a cup of sweet milk. Stir the cream and the beaten yolks of the eggs into the mush, then add the flour and the milk, stirring well and mixing perfectly smooth. The whites of the eggs should be beaten to a stiff froth and added the last thing before baking. Have your gem-pans warm and well-greased and bake in a hot oven eight minutes. This quantity will make two dozen, but they are of so melting a quality that I think you will find them none too many for five.

Cream of Onion Soup—This most palatable soup is warmly commended by a well-known physician as an exceedingly healthful hot-weather dish. Fry four medium-sized onions, cut fine, in two level tablespoonfuls of butter, but do not allow them to brown; add to the onions three pints of water, a teaspoonful of salt, half a saltspoonful of pepper, a small bunch of parsley, and boil sixty minutes. Strain, and add one quart of milk thickened with two level tablespoonfuls of cornstarch dissolved in an equal

quantity of cold water. Cook for ten minutes longer, and just before serving add three heaping tablespoonfuls of butter.

Chops in Batter—Have your butcher cut you eight loin chops from last year's mutton (known in most markets as lamb). They should weigh two pounds. Cut each chop in two, remove the bone, scrape carefully and sprinkle with salt and pepper. Make a rich batter with one cup of flour, a quarter-teaspoonful of salt, two eggs beaten light, two tablespoonfuls of melted butter and a cup of milk. Dip each piece of the chops in batter and drop into a kettle of boiling-hot lard. The secret of cooking meat properly in this way is to keep the fat at the boiling point, so do not put in more than three pieces at a time, and if well done you will find them as tender as spring chicken.

French Peas—Shell two quarts of green peas and boil in slightly salted water for twenty-five minutes. Then put them in a sieve and drain as dry as possible. Put two tablespoonfuls of butter in a saucepan, place over the fire and when it melts stir in a dessertspoonful of flour, making it quite free from lumps. Dissolve a level teaspoonful of powdered sugar in a cupful of cream, add it gradually to the butter and flour, and when it boils hard stir in the peas and let them stew until they are heated through, stirring to prevent burning.

Raspberry Custard—Mix together the yolks of two eggs, two cups of milk, two level tablespoonfuls of sugar and one scant tablespoonful of cornstarch. Cook slowly over the fire in a double boiler, removing when it reaches the boiling point. Mash one pint of red raspberries with the back of a spoon, place in pretty glass dish, pour over them the custard and set away to cool. Just before the dinner hour whip the two whites as stiff as possible, color with the tiniest particle of Burnett's rose coloring and mix with a tablespoonful of powdered sugar. Spread this over the custard and serve with perfection sponge cake.

Perfection Sponge Cake—Measure carefully one-third of a cup of flour and one-half a cup of granulated sugar, sift four times and set aside. Separate the yolks and whites of four eggs, reserving two of the yolks for salad dressing. Whip the whites as stiff as possible, adding when half-beaten one-fourth of a teaspoonful of cream tartar. Beat in the sugar, then the two yolks and lastly the flour, stirring very lightly after adding the flour. Flavor with a teaspoonful of vanilla and bake in a pan that has never been greased. It requires a slow oven and will bake in twenty-five minutes. This quantity fills a pan 7½ by 7½ inches and 1½ inches deep, making a medium-sized cake, but more than sufficient for one meal. Mrs. Charles Lake West.

No. 1151 Jackson Boulevard, Chicago.

MONDAY, JUNE THE TWENTY-FIRST.

BREAKFAST.

Compote of gooseberries.
Soufflé of fish.
Yankee puffs. Coffee.

LUNCHEON.

Scotch eggs with tomato sauce.
Thin bread and butter.
Raspberries. Koumiss.

DINNER.

Roast shoulder of lamb. Mint sauce.
Potato scallops. Green beans, maitre d' hôtel dressing.
English raspberry and red currant tarts.
Coffee.

Compote of Gooseberries—Top and tail one quart of nice gooseberries and pour over them some boiling water; then take out and plunge them into cold water, with which has been mixed a tablespoonful of vinegar (which will assist to keep the fruit a good color), make a pint of sirup thus: One pint of water, three-fourths pound of sugar (white), boil together fifteen minutes, carefully removing the scum as it rises; drain the gooseberries and put them in; simmer them gently until the fruit is nicely pulped and tender, without being broken; then dish the gooseberries on a glass dish; boil sirup for two or three minutes, pour over the gooseberries and serve cold.

Soufflé of Fish—Take one-half pound of any cold fish, free from bones and skin, pound it in a mortar with one ounce of butter, rub this through a sieve, then put it into a basin, add the yolks of three eggs, one by one, and mix well; stir in one gill of cream whipped, one dash of pepper, one-half teaspoon of salt and a grating of nutmeg. Whip the whites of the eggs to a stiff froth and stir in very lightly. Pour this mixture into a round mold and bake about ten minutes. Serve very hot.

Potato Scallops—One pound of cold potatoes, one-half cup of milk, one and one-half ounces of butter, one and one-half ounces of grated Parmesan cheese; mash the potatoes quite soft with the milk and the butter melted; add half the cheese, two dashes of pepper and one-half teaspoon of salt (scant). Fill some patty pans with this mixture and brown them in the oven. While hot glaze each over with melted butter and the rest of the cheese; serve very hot in the pattie pans on a napkin.

Yankee Puffs—One ounce of butter, one tablespoon of sugar,

two eggs (whites and yolks separate), one and one-half teacups of milk, one and one-half teacups of flour, one-half saltspoon of salt, three-fourths teaspoon of vanilla. Beat the butter to a cream; add the sugar and well-beaten yolks, then the milk, which should be salted; dredge in the flour by degrees, and when these are well mixed add the flavoring and whites of eggs beaten to a stiff froth. Bake in well-buttered cups about fifteen or twenty minutes till of a light brown. As these puffs rise very much the cups must not be more than half filled.

Koumiss—Into one quart of new milk put one gill of fresh buttermilk and three or four lumps of white sugar. Mix well and see that the sugar dissolves. Put into warm place to stand ten hours, when it will be thick. Pour from one vessel to another until it becomes smooth and uniform in consistency. Bottle and keep in warm place twenty-four hours. The bottles must be tightly corked and the corks tied down. Shake well five minutes before opening. It makes a very agreeable drink. Instead of buttermilk some use a teaspoonful of yeast. The richer your milk (which should be unskimmed) the better will be your koumiss.

Roast Shoulder of Lamb—It makes a nice roast, and it is sometimes more economical to have a joint that will be nice hot for first day's dinner; then can be used sliced cold with salad for next day's meal, and then used up for mince or croquettes and the bones used for soup.

Green Beans, Maitre d' Hôtel Dressing—One pound of green beans, two ounces of butter, one tablespoonful of chopped parsley, the juice of one-half lemon. Pick and string the beans, cutting each bean into two or three strips, wash them well in cold water, drain them and put them into a saucepan of boiling water; boil fast till tender. Put them in cold water for a few minutes, dry them in a clean cloth and put them into a stew-pan with the butter, parsley, lemon juice, a grating of nutmeg, just a dash of pepper and one-half teaspoonful of salt. When quite hot serve them with sippets of fried bread.

Raspberry and Red Currant Tart—When fruit is so cheap and plentiful as it is just now fruit pies always taste so much nicer made and baked in a deep pie dish (English fashion). There is always sure to be some raspberries left over from luncheon; put a layer of these at the bottom of the pie dish, then a layer of red currants cleaned and stemmed, then another layer of raspberries, then currants, and proceed till your dish is full (it will take about three pints of fruit to make a nice pie); sprinkle over one-half cupful of sugar and one-half cupful of water, put a thin layer of pie crust round the edge, then put on your top crust, brush over with a little water and sift a little granulated sugar on the top. Bake in moderate oven about thirty minutes; the sugar makes it have a nice frosted look; only be careful you watch it after it is in the oven so that it does not burn.

Mrs. H. Ross Edwards.

Anderson, Ind.

TUESDAY, JUNE THE TWENTY-SECOND.

BREAKFAST.

Currants on the stem.
California breakfast food, sugar and cream.
Scalloped mutton. Whole-wheat crisps.
Coffee.

LUNCHEON.

Curried fish.
Hulled corn, creamed. Scotch scones.
Currant tarts.
Tea.

DINNER.

Left-over soup.
Smothered beef. Egg-plant fritters.
Potatoes in the half-shell.
Crystallized fruit. Delicate cake.
Coffee.

Scalloped Mutton—Remove the fat and skin from cold roast mutton, cut the meat in small thin slices, season it with salt and pepper. Butter a shallow dish, put in a layer of bread crumbs, then a layer of meat, then cold boiled macaroni, then the gravy left from the roast. Cover the top with a layer of crumbs moistened in one-third of a cup of melted butter. Bake in a moderate oven fifteen minutes, or until the crumbs are a light brown.

Whole-Wheat Crisps—One cup sour cream, one-fourth cup sugar, one saltspoonful salt, two cups whole-wheat flour. Mix in the order given. Take out on the board and knead until stiff enough to roll out thin as a wafer, using more flour if necessary. Cut with a biscuit cutter, and bake on ungreased tins in a very hot oven. The sugar will sweeten the sour cream sufficiently. Very good for children and people with weak digestion.

Curried Fish—Cook one teaspoonful of chopped onion in one tablespoonful of butter five minutes. Be careful not to burn it. Mix one teaspoonful of curry powder with one tablespoonful of flour and one saltspoonful of salt and stir into the butter. Add one cup of hot water gradually, stirring briskly to make a smooth paste. To this add one cup of cold, flaked, seasoned fish and serve as soon as the fish is thoroughly heated through.

Hulled Corn, Creamed—Make a cream sauce of one pint of milk, two tablespoonfuls butter, two heaping tablespoonfuls of flour, one-half teaspoonful salt and one-half saltspoonful of pepper. Heat the milk in a double boiler. Put the butter in a granite sauce-pan and stir till it melts and bubbles. Add the flour and stir till well mixed. Pour on one-third of the hot milk. Let it

boil and stir well as it thickens. Add another third of the milk, let it boil up and thicken and stir vigorously till perfectly smooth. Add the remainder of the milk, let it boil, and when smooth add the salt and pepper, using more if high seasoning be desired. Into this cream sauce stir one pint of cooked, hulled corn and cook all together for two minutes. Delicious.

Currant Tarts—Make a rich pie crust and roll it out one-eighth of an inch thick. Line small fluted patty-tins with this paste. Take a fork and prick the paste at intervals of one-half inch to prevent its blistering. When done remove the tart shells from the tins and fill them with currant jam.

Currant Jam—Wash, stem and mash the fruit. Allow the proportion of one pound of sugar to one pound of fruit. Put the fruit and one-quarter of the sugar into a granite kettle; when boiling add another quarter of the sugar, and when all is used let it boil till very thick. Putting in only a little sugar at a time prevents the fruit from becoming hard.

Left-Over Soup—Take bones and any good trimmings from yesterday's roast, pieces of steak or mutton chops (about two pounds in all), a cold fried egg, two quarts cold water, a teaspoonful salt, one saltspoonful celery salt, four cloves and one tablespoonful mixed herbs. Cut up the meat and bones and put them in the kettle with the cold water. Add the other ingredients and simmer till the bones are clean, the meat in rags, and the water reduced nearly one-half. Remove all scum as it rises. Strain, cool, and remove the fat. When ready to serve heat the stock to the boiling point, adding any tomatoes, macaroni or rice left from yesterday's meals.

Egg-Plant Fritters—Put a small egg-plant whole into boiling, salted water mixed with one tablespoonful of vinegar; cook twenty minutes; drain and mash. To one pint of egg-plant add half a cup of flour, two beaten eggs, one heaping saltspoonful salt and one-half saltspoonful pepper. Shape in small cakes and fry in deep fat, browning well on both sides.

Potatoes in the Half-Shell—Wash, scrub and bake three smooth potatoes. Cut in halves lengthwise, and without breaking the skin scoop out the potato into a hot bowl. Mash and add one even tablespoonful of butter, one of hot milk, one saltspoonful of salt and one-half saltspoonful of pepper. Beat the whites of two eggs stiff and mix it with the potato. Fill the skins with the potato mixture, heaping it lightly on the top. Brown slightly.

Crystallized Fruit—Boil one cup of granulated sugar and one cup of boiling water together for half an hour. It must not be stirred and must boil slowly, not furiously. Dip the point of a skewer into the sirup and then into cold water. If the thread formed breaks off brittle the sirup is ready. When done, set the sauce-pan in hot water to keep the sirup from candying. Take the prepared fruits on the point of a darning needle or small skewer, dip them into the sirup and then lay them on a dish which has been slightly oiled. When thoroughly cold they are ready for use.

Delicate Cake—One cup sugar, one-half cup butter, one-half cup sweet milk, two cups flour, one teaspoonful baking powder. whites of four eggs. Cream the butter and sugar together, add the milk, sift the baking powder with the flour three times and add it gradually. Beat the whites of the eggs to a stiff froth and stir in lightly, and bake one-half hour. Miss Tahleda Mann.
P. O. Box 255, Beardstown, Ill

WEDNESDAY, JUNE THE TWENTY-THIRD.

BREAKFAST.

Black raspberries.
Stewed kidneys.
English breakfast gems.
Coffee.

LUNCHEON.

Pannikins.
Brown bread and butter.
Compote of gooseberries.
Bachelor's buttons.
Iced or hot tea.

DINNER.

Cream of pea soup.
Fillets of halibut à la poulette.
New potatoes, sauce Bechamel.
Raspberry cream.
Coffee.

Stewed Kidneys—Cut three kidneys each into three lengthwise pieces. Warm three tablespoonfuls butter in the frying-pan. Before this is hot put in the kidney, with a teaspoonful minced onion, a half-teacup water and a cup of good gravy. Cover closely, simmer gently fifteen minutes, add one pinch each mace, nutmeg and pepper, one-half teaspoonful salt and juice of half a lemon. Have ready a very hot platter with slices of delicately fried bread or buttered toast. Pour the kidney on the slices, thicken the gravy with brown flour, boil up once and serve.

English Breakfast Gems—Mix well one pint sifted flour, one teaspoonful baking powder, one-half teaspoonful salt, one teaspoonful sugar; rub into this three teaspoonfuls melted butter. add one cupful sweet milk, beaten yolks of two eggs; lastly the beaten whites of the eggs; heat iron gem-pans, grease well, fill over half-full, bake quickly.

Pannikins—Chop fine enough cold meat to make a pint—if any of fricasseed kidney is left from breakfast, add it. Put the

meat on to heat with two tablespoonfuls water and a cup of rich sweet milk. Thicken with a tablespoonful each of flour and butter rubbed together; add a half teaspoonful of salt, a good pinch of pepper and a teaspoonful chopped parsley, if liked; pour this creamed hash into the center of a hot platter; bake as many eggs as are required in hot, buttered cups; turn them out and arrange them around the creamed meat; put a pinch of salt and pepper and a bit of butter the size of a hazelnut on each egg.

Compote of Gooseberries—Top and tail one quart of gooseberries, drop into boiling water two minutes, drain and let them lie three minutes in cold water containing a tablespoonful vinegar to restore their color, then drain quite dry. Boil for ten minutes a sirup made from a pint each of sugar and water; drop in the gooseberries and boil them gently until just tender—about ten minutes. Pour into a glass dish. Tiny shreds of lemon peel boiled with the sirup improves the compote.

Bachelor's Buttons—Rub together two tablespoonfuls butter and five of flour. Divide five tablespoonfuls sugar into two portions; stir one into the flour; beat the other up with one egg and add to the rest. Flavor with few drops of almond flavoring. Make into balls—with the hand—the size of a hickorynut, sprinkle lightly with white sugar, place on buttered paper and bake rather slowly. Very dainty.

Cream of Pea Soup—Put one pint of peas, measured after shelling, into a granite sauce-pan with enough cold water to cover and cook until tender. Take out half of them, rub the remainder through a sieve with the water in which they were cooked. Scald three cupfuls of sweet milk, rub together two tablespoonfuls of flour and one of butter, add to the milk and the peas that were rubbed through the sieve. Stir until it thickens, add the remaining peas, a cup of cream, heated to scalding, a scant teaspoonful of salt and a quarter-teaspoonful of pepper. A tiny sprig of mint boiled with the peas is liked by many. The peas should be tender in half an hour.

Halibut à la Poulette—Take a piece of halibut weighing three pounds, pour boiling water over it, and the skin will come off easily. Free it from skin and bones and cut it into strips about three inches long, two inches wide and half an inch thick. Lay on a platter, sprinkle slightly with salt, pepper and lemon juice, lay a thin slice of onion on each strip and set it away for half an hour. Have ready two large tablespoonfuls of melted butter, remove the onion, dip each piece of fish in the melted butter, roll them up, fasten with a little wooden skewer, dip the rolls in the butter again, put in a dripping pan, dredge thickly with flour. Put a tablespoonful of butter, a tablespoonful of vinegar and a teacup of hot water into the pan and bake twenty minutes in a hot oven. Boil three eggs very hard fifteen minutes, remove the shells, cut the whites into rings, rub the yolks to a fine powder. When the fish is done place on a hot platter; remove the skewers, pour over it a boiling sauce made of two scant tablespoonfuls of butter rubbed smooth with one of flour, a cup of milk, a teaspoon-

ful of chopped parsley, one-half teaspoonful of salt and one-quarter teaspoonful of pepper. Scatter the powdered yolks over this sauce and garnish with the rings of the white of eggs. Whitefish may be used instead of halibut.

New Potatoes with Sauce Bechamel—Scrape and "eye" the potatoes, having them as nearly of a size as may be. Drop into boiling water containing a half-teaspoon of salt. As soon as they are tender, drain, put in a hot dish, sprinkle a saltspoon of salt over them and let them keep warm while the sauce is preparing. Heat a scant pint of milk to the boiling point, rub very thoroughly a large tablespoon of butter and a small tablespoonful of flour together, stir into the hot milk—stir until it is a thick, creamy mass. Add a quarter-teaspoonful salt, and pour over the potatoes.

Raspberry Cream—Place a pint of raspberries in a bowl, add one tablespoonful of powdered sugar. Let them stand for an hour, then rub through a sieve. Soak one ounce of gelatine in two teaspoonfuls of cold milk for half an hour, then add to it one cup scalding hot milk, two tablespoonfuls granulated sugar. Stir until the ingredients are thoroughly dissolved. Set aside, and, when cool, add the strained raspberries. Whip one-half pint cream, add one-half teaspoonful vanilla and whisk all lightly together. Set in a very cold place to harden. A half-pint of raspberries may be kept very cold, sweetened slightly and poured round the mold, when turned out ready for the table.

Mrs. W. S. Davidson.

Lewistown, Ill.

THURSDAY, JUNE THE TWENTY-FOURTH.

BREAKFAST.

Sliced pineapple.
Poached eggs with sauce. Veal trifles.
Warm breakfast rolls. Potato patties.
Coffee.

LUNCHEON.

Soup—Olla-podrida.
Grandmother's greens. Graham gems.
Apple florendine.
Cocoa.

DINNER.

Chicken fricassee.
Cold breakfast rolls. Mashed potatoes.
Creamed peas.
Strawberries and cream.
Tea.

Sliced Pineapple—Cut the slices with a sharp knife as thin as possible. Sugar plentifully and let stand for an hour. It looks well served on dish with flowers and leaves surrounding it. Clover blooms are nice and healthful.

Veal Trifles—Purchase the evening before and place to stew with water sufficient to cover a veal soup bone costing not less than 5 and not more than 10 cents. Be sure that it is fresh and from the hind quarter. Cook until tender. Pour off the liquid and strain. Cut off the choicest meat and place in ice box till morning. This can be done while getting dinner. In the morning take one pint of bread crumbs or crackers rolled fine, one egg, cayenne pepper enough to lie on the point of a small knife, half teaspoonful of black pepper, one-half teaspoonful of salt, one ounce of butter, one quarter of an onion chopped fine, one spoonful of flour and use enough milk to make stiff batter, in which roll the pieces of veal and fry in lard or butter till a light brown.

Poached Eggs with Sauce—Drop in boiling water. Make sauce—one teaspoonful each of flour, vinegar and butter, one-quarter teaspoonful salt. Let boil and pour over eggs after removing from water.

Warm Breakfast Rolls—Boil one potato, mash it fine; scald with water one pint of flour; add of salt one teaspoonful; sugar, one heaped tablespoonful; white of egg and one-half cake compressed yeast. Set to rise, then when very light add flour sufficient to knead it thoroughly. Do not knead it stiff, but it can through thorough work be made stiff enough to not stick to hands and yet be made soft. One hour before retiring work in two ounces of butter or lard, roll up in woolen cloths, and if warm weather place in ice-box. Make out in rolls next morning first thing, or if possible one hour earlier than you commence breakfast preparations. When very light, bake from ten to fifteen minutes.

Graham Gems—Take one-half pint of graham flour, one-half pint white flour, the yellow of egg left from rolls, one heaping tablespoonful of sugar—remember, no salt or baking powder. Have your gem-pans piping hot on top of stove; add enough of milk if you can afford it, if not, tepid water will do, to make a not very stiff batter. Beat thoroughly and drop in pans. Bake quickly in a very hot oven. These alone, with butter, would make a wholesome, nourishing meal, on which a dyspeptic might fatten.

Soup Olla-Podrida—Take the veal soup bone, boil one hour, then strain; add the liquor left in ice-box; add one onion cut very fine, one sprig of parsley, one carrot, sliced, two good-sized potatoes; one-half teaspoon salt, one-half saltspoon pepper; boil one hour; make dumplings; half-cupful of flour, a little butter—enough to make it crumble; moisten with a little of the soup—enough to make a stiff dough; roll out very thin and hang the sheets of dough a few minutes by the fire; then cut in pieces or threads no larger than a whip cord; boil two or three minutes and serve immediately.

Grandmother's Greens—Take of wild things—by this I mean

sour docks, dandelions, lambsquarters, etc.—for they are excellent and have a medicinal quality of their own; pick and wash carefully and boil till tender; drain and pour over a pint of them a dressing made thus: One teaspoon pepper, one-quarter cup of vinegar, one spoonful butter, one spoonful flour, one teaspoonful mustard (better not ground); salt to taste; stir well together and serve hot.

Apple Florendine—This is an old-fashioned pie, which many of the young people have forgotten or never heard of; cook two apples—or, if green apples are dear, dried apples, stewed and mashed fine, are just as good or better—one egg, the yellow well beaten and added to the apple one minute before taking from fire; also one small cup of sugar, piece of butter size of hickorynut and one teaspoonful of flour; spice with nutmeg, lemon or vanilla; perhaps we grandmothers would prefer rose water; make a rich puff paste; roll very thin; put the mixture in the dough, lay strips of the dough across and bake in a quick oven; of course any housekeeper knows how to make puff paste and that a firepan must be used; when done add the white beaten with one tablespoonful of sugar on top and bake one minute.

Sufficient light rolls will be left for dinner.

Chicken Fricassee—Have a small chicken nicely prepared, boil for one hour at lunch time whole. Split in the back so that it will lie open, make a dressing of one cup of bread crumbs, teaspoonful of salt, one-quarter teaspoonful of pepper, butter one teaspoonful. Lay the dressing on chicken, which has been seasoned and placed in dripping pan with small lump of butter. Cover the dripping pan with another pan tightly and place in oven. Cook till tender, adding the top of the broth left from the boiling from time to time. Cook dry, and, uncovering, let it brown. Make gravy to be served separately from what is left of the broth the chicken was boiled in, by placing it in the pan from which the fowl has been removed, and stirring in a thickening made of a spoonful of browned flour moistened with milk or cream.

Creamed Peas—Peas have a finer taste to have the pods boiled and the peas cooked in the water after they have been taken out. Add a saltspoonful salt, quarter saltspoonful black pepper, one teaspoonful flour, one tablespoonful butter. Stir in quickly when the one pint of hulled peas have become soft.

Strawberries if dusty should be washed before they are hulled. Lay carefully in a sieve for a few moments. If possible place on table with strawberry leaves surrounding them. Always remember that next to cheerfulness beauty and tastefulness promotes digestion, and in reality the manner is more than the "menu."

Grandmother Brown.

Care of Ruth Brown, 316 Walnut street, Chicago.

FRIDAY, JUNE THE TWENTY-FIFTH.

BREAKFAST.

Strawberries and cream.
Broiled ham and egg toast.
Coffee.

LUNCHEON.

Salad of calves' brains.
Bread and butter. Green Onions.
Cookies. Hot or iced tea.

DINNER.

Mock oyster soup.
Broiled black bass. New potatoes.
Cucumbers.
Chocolate cream. Coffee.

Egg Toast—Beat one egg lightly, add saltspoonful salt and one cup of milk; soak the slices of bread in this custard until soft. Have a griddle hot and well buttered. Brown each slice on one side; then put a piece of butter on the top of each slice and turn and brown on the other side. If preferred this can be fried in the drippings from the ham, which gives the bread a nice flavor.

Salad of Calves' Brains—Brains should be perfectly fresh. Wash in cold water without breaking. Parboil for about ten minutes in a quart of boiling water, salted, to which half a teacup of vinegar has been added. When done throw the brains into very cold water; this whitens and hardens them. They may be made at once into a salad, or will keep until the next day on ice. Remove all strings, cut up into pieces the size of a hickory-nut. Put a heaping tablespoonful of butter into a frying-pan, add teaspoonful of very finely minced onion. Cook a minute, then add the brains. Gently saute the brains for ten minutes, taking care that they do not burn. Add one saltspoon salt, a saltspoon black pepper, a pinch of mace (rolled), remove from the fire and cool. Add about the same bulk of potatoes that have been boiled just done enough to slice, and two tablespoonfuls of very finely minced parsley; mix lightly together with a fork. A half pound of brains should be used.

Sauce for Above—Two eggs, add half a cupful of water, same quantity of vinegar, one teaspoonful of mustard, same of salt, one tablespoonful of butter. Mix all together, beat gradually on the fire, stirring constantly until it becomes of thick, custard-like consistency. Let it cool. Pour over the salad and mix lightly with a fork. Serve on a flat dish. Garnish with parsley or celery leaves.

Cookies—One cup of sugar, one-half a cup of butter, creamed; one egg, scant half a cup of sweet milk, saltspoonful of salt, one teaspoonful of baking powder, one heaping teaspoonful of caraway seeds, if liked, if not any other flavoring may be used; flour sufficient to make them just stiff enough to roll; cut and bake in a quick oven.

Broiled Black Bass—Scale, draw, cut down the back on the inside on both sides of the bone, remove bone, wash well and dry thoroughly. Lay on a broiler well greased with salt and pork, broil flesh side first until nicely browned, which should take about twenty minutes; turn and cook just enough to crisp the skin; lay on a warm platter, season with one teaspoon of butter and saltspoon of salt, garnish with thin slice of lemon and parsley.

Cucumbers—Cut off an inch from each end of the cucumber and pare off a thick paring, as a bitter juice lies near the skin. Cut in thin slices; keep in cold water until ready to serve. Drain and place in the bowl with ice. Serve with salt, pepper and vinegar.

Chocolate Cream—Scald one pint of milk, add one ounce of grated chocolate and four tablespoonfuls of sugar. Then add one-half a box of gelatine which has been dissolved and strained, then the well-beaten yolks of five eggs. Set in a pan of ice water and stir often until it begins to thicken. Mold. Serve with cream. The whites of the eggs can be used for clearing coffee.

Mrs. H. M. Avers.

Box 31, Riverside, Cook County, Ill.

SATURDAY, JUNE THE TWENTY-SIXTH.

BREAKFAST.

Strawberries.

Ham croquettes. Muffins.

Hominy griddle cakes. Coffee.

LUNCHEON.

Scalloped tomatoes. Bread and butter

Baked berry rolls.

Tea.

DINNER.

Duchess soup.

Beef roulette. Brown mashed potatoes.

Pickles. Green peas.

Strawberry sponge.

Coffee.

Hominy Griddle Cakes—To a pint of warm boiled hominy add a pint of milk or water and a pint of flour. Beat two or three eggs and stir into the batter with one-half teaspoonful salt. Fry as any other griddle cakes. They are delicious.

Baked Berry Rolls—One pint of flour, two teaspoonfuls baking powder, one scant tablespoonful butter, one cup milk, one pint berries. Sift flour with the baking powder. Rub in the butter and mix with the milk a dough as soft as you can handle. Roll out half an inch thick; cut in squares and spread over with berries; double the crust over and fasten the edges. Put the rolls in a baking pan close together, then put into the pan a little butter, sugar and water mixture. Serve hot with any of the pudding sauces.

Duchess Soup—One quart of milk, two large onions, three eggs, two tablespoonfuls of butter, two of flour, one teaspoonful of salt, one-half teaspoonful of pepper, two tablespoonfuls of grated cheese. Put milk on to boil. Fry the butter and onions together for eight minutes, then add dry flour and cook two minutes longer, being careful not to burn. Stir into the milk and cook ten minutes. Rub through a strainer and return to the fire. Now add the cheese. Beat the eggs with a speck of pepper and salt. Season the soup with the salt and pepper. Hold the colander over the soup and pour the eggs through and set back for three minutes where it will not boil. Then serve. The cheese may be omitted if this is not liked.

Strawberry Sponge—One quart of strawberries, half a package of gelatine, one cupful and a half of water, one cupful sugar, the juice of a lemon, the whites of four eggs. Soak the gelatine two hours in half a cupful of the water. Mash the strawberries, and add half the sugar to them. Boil the remainder of the sugar and the cupful of water gently twenty minutes. Rub the strawberries through a sieve. Add the gelatine to the boiling sirup, and take from the fire immediately; then add the strawberries. Place in a pan of ice water and beat five minutes. Add the whites of eggs and beat until the mixture begins to thicken. Pour into the molds and set away to harden. Serve with sugar and cream. Ada White.

Harvard, Ill.

SUNDAY, JUNE THE TWENTY-SEVENTH

BREAKFAST.

Red raspberries.
Frizzled beef with cream toast.
French fried potatoes.
Graham biscuit and coffee.

LUNCHEON.

Broiled eggplant. Bread and butter.
Pineapple omelet. Bicycle buns.
Tea, hot or iced.

DINNER.

Green-pea soup.
Boiled leg of lamb, mint sauce.
Green peas. Riced potatoes.
Meringue sago pudding.
Cafe noir.

Frizzled Beef with Cream Toast—Place one-half pound of chipped dried beef in a spider (or flat saucepan) and pour over it one quart of cold water; let it come to boil; pour off the water (this freshens the beef sufficiently); add one tablespoonful of butter, quarter-saltspoon of white pepper, and cook one minute. Have ready toasted half-dozen small slices of bread. Make a cream of one pint of milk, one tablespoonful of butter brought to a boil in double boiler, add one tablespoonful of cornstarch, wet with milk; let boil four minutes; pour over the toast on hot dish. Add the frizzled beef, placing a large spoonful on each slice—or can be served apart.

Pineapple Omelet (new)—Beat five eggs and five tablespoons of cold water together in a bowl; when light add two tablespoons of sugar, one-half teaspoon salt; pour into flat spider, and as it cooks gently lift in places with a four-tined fork till cooked. Shred fine five or six slices of fresh pineapple, adding sugar to taste. After the omelet is removed to hot platter, place upon it the shredded pineapple and fold over and serve. Delicious.

Bicycle Buns—Over one pint of finely sifted wheat flour pour one-half pint of boiling water; stir into it one tablespoonful of butter, one-quarter teaspoonful of salt, two-thirds of a cup of sugar and one-half cup of softened butter. When all are thoroughly mixed add one-half cake of compressed yeast, which has been dissolved in one-half cup of lukewarm water. Set this sponge to rise over night; in the morning knead and roll out the dough to about one-half inch in thickness, cut with round cooky cutter, then with case-knife cut strips toward the center, making "wheels;" connect two of the buns with small strip of dough, making imitations of bicycles; brush over with melted butter, let rise and bake in moderate oven thirty minutes. If carefully prepared these buns are an ornament to the table, as well as being very toothsome.

Green-Pea Soup—Wash well the pods from the half-peck of shelled peas for dinner and boil them for fifteen minutes with one-half teaspoon of salt in two quarts of water, then remove them from the kettle, and add the water in which the lamb (also for dinner) has been boiled; let cook until the liquor is reduced to

three pints. Season with tablespoonful of butter rubbed into two tablespoonfuls of flour and quarter-teaspoon of pepper. This soup is very nice, combining the taste of the lamb and peas, and also it is economical, as it utilizes what many people would throw away.

Meringue Sago Pudding—Take two-thirds teacup of sago—wash and pick over carefully. Place in saucepan with one quart of milk, to which has been added a salt-spoonful of salt; place where it will warm very slowly, and let it stand one hour, simmering very gently. When softened sufficiently (as it will be by that time) remove from fire and when cool add four well-beaten yolks and two whites of eggs (reserving the whites of the other two eggs for meringue), half-tablespoon of butter, four tablespoonfuls of sugar and teacup of cold milk. Flavor with one teaspoonful vanilla; bake one-half hour in moderate oven. When done and cool beat up the two whites of eggs with two tablespoonfuls of powdered sugar till firm; place on the pudding and put back in the oven and let brown slightly on top.

Mrs. R. W. Boyd.

No. 15 West Church street, Adrian, Mich.

MONDAY, JUNE THE TWENTY-EIGHTH.

BREAKFAST.

Cherries.
Spanish mackerel.
Sliced cucumbers.
Rice muffins. Sliced bread.
Coffee.

LUNCHEON.

Clam fritters.
Sliced tomatoes.
Vienna rolls. Honey cake.
Iced tea.

DINNER.

Green-pea soup.
Broiled steak.
New potatoes. Summer squash.
Pineapple sponge, with custard.

Cherries—Wash one quart of cherries carefully and serve piled upon a lump of ice in a glass dish.

Cucumber Salad—Pare three cucumbers and lay in a bowl in ice water one hour. Do the same with one onion in another

bowl. Then slice and arrange in salad bowl. Season with one-fourth teacup of vinegar, one teaspoon of salt, one-eighth teaspoon of pepper.

Spanish Mackerel (broiled)—Clean, wash and wipe dry. Split so when laid flat the backbone will be in the middle. Sprinkle with salt and lay inside down upon a buttered gridiron over a clear fire until it is colored, then turn. When done put upon a hot dish and butter well.

Rice Muffins—Two cups of boiled rice, one pint of flour, one teaspoon of salt, one tablespoon sugar, one and one-half teaspoons of Royal baking powder, one-half pint of milk, three eggs. Dilute rice free from lumps with milk and beaten eggs, sift together flour, salt, sugar and yeast powder, add to rice preparation, mix smooth, rather firm batter; muffin pans must be cold and well greased; then fill two-thirds full and bake in hot oven fifteen minutes.

Clam Fritters—Twenty-five large clams; dry them in a napkin, cut them in two; one pint of flour to which add two well-beaten eggs, one-half pint of milk, and nearly as much clam liquor; beat until free from lumps, then stir in clams. Put lard in frying pan, heat to boiling, then drop in batter by spoonfuls. Fry them on one side, then turn and fry the other.

Vienna Rolls—One quart of flour, one-half teaspoonful of salt, two teaspoonfuls Royal baking powder, one tablespoonful of lard, one pint of milk. Sift together flour, salt and powder, rub in cold lard, add milk and mix into a smooth dough, easily handled without sticking to hands or bowl. Flour board, turn out dough and give it a quick knead, then roll out with a rolling pin to thickness of one-half inch, cut with large round cutter, fold one-half over the other, lay in greased pan, do not let them touch. Bake in hot oven fifteen minutes.

Honey Cake—Half-cup butter, one-half cup sugar, one-half cup of honey, one pint of flour, one teaspoon of yeast powder, two eggs, one teaspoon of caraway seeds. Mix honey and sugar; add the butter, melted; the eggs slightly beaten, the flour sifted with the yeast powder and the seeds. Mix into a smooth batter and bake in a fairly hot oven thirty-five minutes.

Summer Squash—Three squashes, pared and quartered. Cook until tender in boiling water, then drain off water and mash through a colander; to one pint add one tablespoon of butter, two tablespoons of milk, one saltspoon of salt and a sprinkle of pepper.

Pineapple Sponge—One grated pineapple, one cup of sugar, one-half package of gelatine, one and a half cups of cold water, whites of four eggs. Soak gelatine for two hours in one-half cup of water, put pineapple, sugar and remainder of water in a saucepan, simmer ten minutes; add the gelatine; take from fire at once; pour into a dish; when partially cooled add the whites of eggs well beaten; beat until the mixture begins to thicken, pour into a mold and set away to harden. Then take one pint of milk, four yolks of eggs, one-eighth pound of loaf sugar; put

milk on in a boiler; when it comes to the boiling point strain and add the sugar and yolks beaten light; beat well, return to fire and stir constantly one way until it thickens; flavor with orange or vanilla and serve with the pineapple sponge when cold.

Hilda Lewis.

No. 2815 Q Street, Washington, D. C.

TUESDAY, JUNE THE TWENTY-NINTH.

BREAKFAST.

Blackberries.

Ham toast. Potato puff.

Indian griddle cakes. Maple sirup.

Breakfast cocoa.

LUNCHEON.

Cold boiled corned beef, sliced.

Cold slaw. Cracknels.

Cherry nectar. Iced tea.

DINNER.

Soup with egg drops.

Veal cutlets. Cauliflower salad.

Steamed sweet potatoes.

Strawberry ice cream. Sponge cake.

Coffee.

Indian Griddle Cakes—One cupful of Indian meal, one of flour, three of boiling milk, two eggs, one-half teaspoonful salt, one heaping teaspoonful baking powder, one tablespoonful brown sugar. Have the milk boiling and gradually pour it on the meal. Sift the flour, salt, sugar and baking powder together. When the scalded milk is cool add to it the flour and the eggs, well-beaten. Bake on hot griddle and serve with maple sirup.

Cold Slaw—Take a small cabbage, about two pounds, and five or six stalks of celery (the large, outside stalks will do); chop both fine and mix together. Season with one teaspoonful salt, a few dashes of pepper and half a pint of good white-wine vinegar poured over the whole.

Cherry Nectar—Take two boxes of sour cherries, stone them and boil for half an hour in a quart of water. Strain them out and boil the juice with one pound of sugar to each pint of juice for fifteen minutes; then put in the cherries and boil for fifteen minutes more. Serve cold.

Soup with Egg Drops—Work one teacupful of flour with milk into a smooth paste; into this beat three whole eggs, one after the

other; add half-teaspoonful of salt and as much milk as will reduce the paste to the consistency of batter. This is allowed to fall, drop by drop, into three quarts of strong boiling soup stock, taking care to stir it gently while doing so. If the soup is now boiled five minutes longer it is ready to be dished.

Veal Cutlets—One and a half pounds of cutlets, two tablespoonfuls of butter, a slice of carrot and a small slice of onion. Put the butter and vegetables, cut fine, into a saucepan. Season the cutlets with salt and pepper and lay them on the butter and vegetables, cover tightly and cook slowly for half an hour; then take up and dip in egg and bread crumbs and fry in boiling fat till golden brown.

Cauliflower Salad—Boil one large cauliflower with two quarts of water and one teaspoonful of salt for half an hour or longer. Take up and strain. When cold divide into small tufts, arrange in center of a dish; pour over it a salad dressing or a cupful of mayonnaise dressing. Serve immediately. For the salad dressing put into the bottom of a pint bowl the yolk of a raw egg and a quarter of a saltspoon of salt; stir in drop by drop three tablespoonfuls of olive oil, one of vinegar or lemon juice and a quarter-saltspoonful of dry mustard, stirring until smooth.

Steamed Sweet Potatoes—Take half a dozen medium-sized sweet potatoes and steam until done. Remove and put into a pan, sprinkle with salt and pepper, put a bit of butter on each and place in the oven and dry until slightly brown.

Strawberry Ice Cream—One quart of cream, one quart of strawberries, one small pint sugar. Mash the strawberries and sugar together and let them stand for an hour; then add the cream, rub through a strainer into the freezer and freeze. Or the cream can be made and when half frozen the whole berries be stirred in. Miss H. F. Sloane.

No. 522 East Costilla street, Colorado Springs, Col.

WEDNESDAY, JUNE THE THIRTIETH.

BREAKFAST.

Red raspberries.
Eggs brouillé. Rice muffins.
Coffee.

LUNCHEON.

Marbled veal. Potato puff.
Summer salad.
Coffee cake. Russian tea.

DINNER.

Cream of toast soup.
Halibut, creole style. Small potatoes.
Minced lettuce. Spinach, German style.
Cherry pudding.
Cherry sauce. Cocoa.

Marbled Veal—Take any pieces of cold cooked veal, season palatably, and pound fine in a mortar. Skin a cold boiled tongue, cut it up and pound to a paste, adding to it its own bulk of butter. Put alternate layers of the veal and tongue into a pot; press down hard and pour one-fourth cup clarified butter on top. It cuts prettily, like veined marble.

Cream of Toast Soup—Heat one heaping tablespoonful of butter in a deep frying pan, break two large slices of bread in small pieces and let them toast in the hot butter, then add one small tablespoonful of flour; stir in the pan till flour is brown; pour in slowly while stirring one quart of boiling water and one pint hot milk; add one teaspoonful of salt and three dashes of pepper; add two well-beaten yolks of eggs and pour into a soup tureen. Light and simple.

Halibut (creole style)—Get a thick, square piece of halibut or other fish, if preferred. Wash it and lay it on a baking dish. Season with salt and pepper. Chop a clove of white garlic about the size of a bean and strew over the fish, then put on a cup of canned or fresh tomato. Bake until the flakes separate. Dish up without breaking. Mrs. Robert Schueler.

No. 684 S. California avenue, Chicago.

THURSDAY, JULY THE FIRST.

BREAKFAST.

Raspberries.
Graham porridge, cream and sugar.
Fried trout. Lettuce.
Milk toast.
Coffee.

LUNCHEON.

Fricassee of cold meat. Cucumbers pickled.
Bread and butter.
Sweet strawberry shortcake.
Chocolate.

DINNER.

Tomato soup.
Chicken stew, with dumplings. Baked potatoes.
Stewed green corn.
Raspberry and currant ice cream.
Tea.

Graham Porridge—Three cups boiling water in a kettle over the fire, put in one-half teaspoonful salt; stir in gradually nearly one-third pint graham flour, let it boil thoroughly after each handful of flour, so that it is kept constantly boiling. Serve with cream and sugar.

Fried Trout—They should be well cleaned, washed once only, drained and salted with about one-half teaspoonful salt, then rolled in flour and cornmeal (half of each) thoroughly mixed. For two pounds of fish take one-fourth pound of salt pork, cut in thin slices and fried a crisp brown. Take the pork from the pan and put the fish in, having only enough to cover the bottom. Fry brown on both sides; serve hot, with the salt pork as a garnish.

Fricassee of Cold Meat—Take one and one-half pints of cold meat of any kind, one pint of warm water, one teaspoonful meat extract, two tablespoonfuls of butter, two of flour, one teaspoonful salt, three dashes of pepper, one teaspoonful of onion juice, if desired; slice the meat; season it with salt; put the butter into a frying pan over the fire; when hot add the flour, stirring until smooth and brown; draw the pan to a cooler place and gradually add the water, stirring all the time; add the extract; put over the fire again; add the pepper and onion juice; simmer five minutes; add the cold meat and cook three minutes longer; serve on a hot dish with a border of toast.

Cucumbers Pickled—Take as small-sized cucumbers as can be obtained in market, a small quantity, a dozen or two, as they are not intended for long keeping; put them in strong salted water over night; take out of the brine, wipe dry and cover with strong vinegar; in two or three days they are ready for use.

Sweet Strawberry Shortcake—Two eggs, one-half cup of sugar, one cup of milk, two of flour, one tablespoonful of butter, one pinch of salt, one teaspoonful baking powder. Beat the butter and sugar together, add the eggs, well-beaten, and the milk. Mix the powder with the flour and sift; stir into the beaten eggs and sugar; make stiff enough to roll out about one-quarter inch thick. Bake in four deep tins. Have three pints of strawberries mixed with a cupful of sugar and spread between the cakes and on the tôp. A meringue, made with the white of one egg beaten and a tablespoonful of powdered sugar, may be spread over the top layer of berries.

Chocolate—Scrape fine one ounce (one of the small squares) of plain chocolate, add two tablespoonfuls of sugar and put in a

small saucepan with a tablespoonful of hot water; stir over a hot fire for a minute or two, until it is perfectly smooth and glossy, and then stir it all into a quart of boiling milk, or half milk and half water. Mix thoroughly and serve at once with cream. Made in this way chocolate is perfectly smooth and free of oily particles, and is of fine flavor.

Chicken Stew, with Dumplings—One chicken, weighing about three pounds; one tablespoonful of butter, three of flour, one small onion, if liked, three slices of carrot, three of turnip, one teaspoonful of salt, three dashes of pepper. Cut the chicken in pieces suitable for serving, wash and put on to boil in a kettle with three pints of boiling water. Put the carrot, turnip and onion, cut fine, in a saucepan with the butter and cook slowly half an hour, stirring often; take up the vegetables in a strainer and with the back of a spoon mash as much as possible of them through into the kettle; skim two spoonfuls of chicken fat from the water and put in the pan where the vegetables were cooked; when boiling hot stir into it the flour until it is a dark brown, then add to the chicken broth with the pepper and salt and simmer until tender, which will take about two hours for a year-old chicken. Twenty minutes before serving put the kettle over the fire, boil up and put in the dumplings and cook twenty minutes; serve with the dumplings around the edge of the dish.

For the dumplings take one and one-half teacupfuls of flour, one teaspoonful of baking powder, one-saltspoonful of salt, sifted together, with enough cold water to make a smooth batter, tolerably thick so it will drop from a spoon.

Stewed Green Corn—Half a dozen medium-sized ears of corn (more if small), clean, split down the center of the grains and scrape off the cobs; boil uncovered in a quart of water for three-quarters of an hour. Then add two dashes of pepper, a heaping saltspoonful of salt, two tablespoonfuls of butter, and one-half cup of milk; boil five minutes and serve.

Raspberry and Currant Ice Cream—Take one quart of red raspberries and one pint of white currants, rub them through a strainer and add one pint of sugar and let stand one-half hour; add one quart of cream and freeze. Serve with cake.

Mrs. L. E. Sloane.
No. 522 East Costilla street, Colorado Springs, Col.

FRIDAY, JULY THE SECOND.

BREAKFAST.

Iced raspberries.
Barley crystals. Cream and sugar.
Something for breakfast.
Coffee.

LUNCHEON.

Eggs in cases. Sliced tomatoes.
Japanese fritters. Iced cocoa.

DINNER.

Normandy soup.
Baked blue fish. New potatoes. Cucumbers.
Marguerite pudding.
Coffee.

Something for Breakfast—An economical way of using ham, or bacon and eggs that have been left from a previous meal, is to put them in a wooden bowl and chop them quite fine, adding a little mashed or cold chopped potato, and a little bacon gravy, if there was any left. Mix and form into flat cakes, dip in raw egg and cracker crumbs, and fry in a spider, a light brown on both sides; serve hot.

Eggs in Cases—Take six small rolls, cut off the tops and scrape out as much of the crumb as possible. Brush over well with melted butter and set in a quick oven long enough to crisp them. In the meantime, break in a bowl six eggs, beat just enough to mix, add six tablespoonfuls milk or cream, one-half teaspoonful salt, one-fourth teaspoonful white pepper, one teaspoonful of grated Sapsago cheese, and two tablespoonfuls butter. Stir over the fire until the consistence of a soft scramble, fill the cases and serve at once.

Japanese Fritters—Beat together two eggs until well mixed, add one-fourth of a teaspoonful of salt, and one pint of milk, and a teaspoonful of vanilla. Cut stale bread in fingers four by two inches in size; soak them well in the custard, roll in dry bread crumbs and fry in deep fat; when nicely browned, drain and serve with powdered sugar.

Normandy Soup—Wipe off a good-sized knuckle of veal, put it in the soup kettle with three quarts of cold water and place where it will heat slowly. When at the simmering point skim carefully and put where it will cook slowly but steadily for three hours. Add six white onions peeled and thinly sliced and one-half of a small stale loaf of baker's bread and simmer one hour longer. Take out the meat, and rub the soup through a puree sieve, pressing through as much of the onion and bread as possible. Put in a double boiler; rub one tablespoonful of butter and two tablespoonfuls of flour to a smooth paste and stir into the hot mixture until it thickens. Season with a large teaspoonful of salt and a fourth of a teaspoonful of pepper, and a half salt-spoonful of grated nutmeg; add one pint of milk previously scalded, and serve at once.

Baked Blue Fish—Make a dressing of bread crumbs, two tablespoonfuls of minced onion, a teaspoonful of chopped parsley, three tablespoonfuls of butter, a small teaspoonful of salt,

one-fourth of a teaspoonful of white pepper, and a beaten egg. Stuff the fish and tie securely. Place in a pan, with a teacupful of hot water and a tablespoonful of butter, and bake an hour and a quarter, basting very often. Garnish with slices of lemon, or bits of cress, and serve with a sauce made as follows:

Dressing for Blue Fish—Boil up the gravy in which fish was baked, put in a large tablespoonful of catsup, a tablespoonful of brown flour wet with four tablespoonfuls of cold water, and the juice of a lemon. Strain and serve in a sauce boat.

Marguerite Pudding—Scald one quart of milk in a double boiler. Beat together three-quarters of a cupful of sugar, two tablespoonfuls of cornstarch, two tablespoonfuls of flour, the yolks of five eggs, one saltspoonful of salt and one-half cupful of cold milk. Pour the scalded milk over the mixture and return to the fire; stir until it thickens, beating until smooth. Cook fifteen minutes, add one tablespoonful of butter and one teaspoonful of vanilla. Turn into a pudding dish; when cool beat the whites of the eggs to a froth, add five tablespoonfuls of powdered sugar and beat until very stiff and glossy. Spread over the top of the pudding, dust with powdered sugar and put in the oven until a delicate brown. Serve cold.

Mrs. Marion C. Wilson.
No. 6407 Lexington avenue, Chicago.

SATURDAY, JULY THE THIRD.

BREAKFAST.

Cherries on stem, powdered sugar.
Fairy omelet.
Fried tomatoes, with cream.
Brown bread. Coffee.

LUNCHEON.

Radishes.
Chicken and rice croquettes.
Thin slices of bread and butter.
Shredded pineapple. Iced tea.

DINNER.

Braised tongue.
Small new potatoes in cream. Peas.
Sliced cucumbers.
Raspberry shortcake. Coffee.

Fairy Omelet—Beat six eggs separately; to the yolks add six tablespoonfuls of milk. Heat pan with a bit of butter and pour

in, slipping the beaten whites last on top. Cover for a minute. Season with a half-teaspoonful of salt and a dash of pepper. When done serve on platter, letting the whites and yellow parts alternate, with a garnish of green.

Fried Tomatoes, with Cream—Cut six large, firm tomatoes in halves, without peeling lay them in a pan, with a large tablespoonful of melted butter, having the skin side down. Fry them very slowly until quite tender, then place them carefully on a hot dish and let the butter remaining in the pan brown a little, then stir a tablespoonful of flour into it. When this is brown add to it half a pint of boiling milk, and a saltspoonful of salt, stir and blend until smooth. Stir all and boil three minutes, then pour it over the tomatoes, first adding a dash of pepper and a pinch of salt to each piece.

Chicken and Rice Croquettes—An excellent way of serving chicken bits left from dinner the day before is to cut all the meat carefully from the bones, chop fine, and to each cupful of the chicken add a cupful of boiled rice, one-half teaspoonful of salt, two tablespoonfuls of butter, half a cupful of milk, a little pepper and an egg. Set the milk on the fire, and as soon as it boils add the other ingredients, the egg, thoroughly beaten, last of all. Stir the mixture one minute. When it has cooled take about a tablespoonful and with both hands press the mass lightly into an oblong roll. When the whole quantity has been shaped, roll the croquettes lightly in bread crumbs, then dip them in well-beaten egg, roll a second time in bread crumbs and fry until brown in boiling fat. Two or three minutes will suffice. Be sure that the fat is boiling before the croquettes are put in.

Raspberry Shortcake—Rub into one quart of flour five ounces of lard, a pinch of salt and three tablespoonfuls of baking powder, add gradually enough milk to make a soft dough, divide it into four parts. Roll one part out lightly, cover a straight-sided pie plate with it. Roll out another one and lay it on top of the first; proceed the same way with the other two parts, using another tin for them; bake quickly, and when done, while hot, lift the upper part from each pan. Butter the inner surface and place between them a layer of fresh raspberries one inch thick (sweetened). Serve with cream.

Shredded Pineapple—In the morning carefully prepare a small pineapple. Pare carefully and remove every particle of the brown skin. Then with a silver fork tear in small ragged pieces, discarding the core. Sprinkle with four tablespoonfuls of powdered sugar and set away in refrigerator until luncheon time.

Braised Tongue—Too little known or too seldom attempted is the process of braising, and it is one of the most savory ways of cooking a tongue. Wash a fresh tongue and cover with boiling water, and a heaping teaspoonful of salt. Simmer slowly for two and one-half hours if large, two if small; then take it out, remove the skin, and trim off anything that may look ragged about the thick end. Then thrust the point of a skewer through the tip of the tongue, turn the thick part of the tongue

inward, hold it firmly so until the top is lapped around and the skewer driven through both; then take a piece of muslin—part of a well-washed flour sack will do—and cut a strip just as wide as the tongue; bind this firmly around the tongue and tie with twine. Set this aside while the vegetables are being fried. Have these prepared while the tongue is boiling. Brown in the braising pan two heaping tablespoonfuls of butter; toss in one small carrot, two medium-sized onions, one medium-sized potato, one small turnip, all sliced; one bay leaf, a small stalk of celery and two sprigs of parsley. Stir these together over a brisk fire till they look glossy, taking care that they do not scorch, and add one quart of beef stock. If this is not convenient use one quart of the water in which the tongue was boiled. Put the tongue in with the broth and vegetables; cover and bake. Occasionally turn the tongue and stir up the vegetables from the bottom. At the end of two hours take out the tongue, untie the twine, take off the cloth and remove the skewer. Place the tongue on a pie plate or in a dripping pan and put on the upper grate of the oven to brown; rub the vegetables and broth through a sieve into a saucepan; put on a hot part of the stove and boil rapidly until reduced to about a pint. Blend two tablespoonfuls of flour with a cupful of tomato juice, and add a pinch of salt, pepper, and a scant dessertspoonful of Worcestershire sauce. Stir into the reduced broth and boil up sharply; remove the tongue to a platter. Pour this thick, brown, altogether delicious sauce over it; sprinkle all with shredded fresh parsley, garnished with thinly sliced lemon, and serve at once. When this has once been successfully prepared (and failure is impossible if the directions are followed) the dish is sure to become a favorite one. The labor is really far less than one would suppose from reading the recipe. Alterations of seasoning may be made to suit individual tastes. For instance, a pinch of thyme may be used, or a fourth of a teaspoonful of curry powder. Celery salt may take the place of celery. A tablespoonful of tomato catchup to a little of the broth will do if fresh or canned tomatoes cannot be had.

The tongue that is left over will do nicely for lunch the next day.

Nannie K. Van Keuren.

No. 412 South Boulevard, Oak Park, Ill.

MEALS FOR THE GLORIOUS FOURTH.

(Menus in Red and White.)

BREAKFAST.

Red and white currants.
Farina molds, sugar and cream.
Sliced tomatoes (iced).
Fried perch. Salem muffins.
Coffee.

LUNCHEON.

Sardine sandwiches. French pickle.
Salad of '76.
Snowballs. Red raspberries.
Iced tea.

DINNER.

Consommé a l'Indépendence.
Roast lamb, mint sauce.
New potatoes. Telephone peas.
Cucumber fritters.
Cherry roll, fruit sauce.
After-dinner coffee.

Farina Molds—Mix three tablespoonfuls of farina with three-quarters teaspoonful of salt and a half cupful of milk (taken from full pint). Heat the rest of the milk with a pint of water till they boil and stir in the farina mixture. Cook slowly for a half hour, pour into jelly glasses, filling each half full, and stand on ice over night. Serve in the morning with cream and sugar.

Fried Perch—Be sure the fish are fresh. Lay the fish on a board (outdoors if possible), take a dull knife, and, holding fish by the tail, with knife held nearly flat, scrape toward the head. See that they are perfectly cleaned; thoroughly rinse and dry, then roll lightly in flour. Use beef fat for frying if you have it, if not use lard, but never butter for fish, as the color is never so good. Be sure that your fat is at the proper temperature before putting in your fish. If not sufficiently experienced to tell when the boiling point is reached drop in a bit of bread. If it browns in a minute the fat is at the proper heat. As soon as the fish is browned on both sides move your pan to the back of the stove, cover and let cook slowly. Serve on hot platter garnished with sprigs of parsley.

Sardine Sandwiches—Take the contents of a half-pound box of sardines, remove bones and skin and chop them fine. Add two eggs, hard-boiled, chopped and seasoned with one-half teaspoonful of French mustard and one-half teaspoonful of grated horse-radish. Mix this well together and spread between thin slices of buttered bread or cold biscuits.

Salem Muffins—One and one-half cups of flour, half cup of cornmeal, one teaspoonful of sugar, half teaspoonful of salt, one heaping teaspoonful of baking powder, one level tablespoonful of butter, two eggs, and one cup (full measure) milk, half teaspoonful of cinnamon. Sift together flour, cornmeal, salt, sugar and baking powder; rub in the butter, add the eggs, well beaten, milk and cinnamon. Have the griddle well heated, grease it, lay on it the muffin rings, also greased, and half fill them with the batter. As soon as risen to top of rings, turn them over gently with cake turner; bake nice brown on both sides. They should bake in seven minutes.

French Pickle—Slice in an earthen jar one peck of green tomatoes, six large onions, and pour over them one cup of salt. Let stand twenty-four hours and drain. Add one quart of vinegar, three pounds of sugar, one-fourth of a pound of white mustard seed, one teaspoonful of ground cloves, one of ginger, two of mustard, one of cayenne pepper, and cook slowly for fifteen minutes.

Salad of '76—In making this salad the ingredients must be chopped separately and in order given. One teaspoonful of onion chopped fine and measured after chopping, five good-sized cold boiled potatoes (or enough to fill two cups after they are chopped), three hard-boiled eggs chopped not too fine, and the crisp tender leaves of two heads of lettuce, leaving out enough of the inner leaves to line the salad bowl. Pour on a dressing made from the following recipe, and mix gently with a silver fork: Yolks of two eggs, three-fourths of a cup of sour cream if you have it, if not use same quantity of sweet or sour milk thickened with a half teaspoonful of corn starch dissolved in tablespoonful of cold water; level tablespoonful of sugar, teaspoonful of mixed mustard, half teaspoonful of pepper, teaspoonful of salt and half a cup of the best vinegar. Mix thoroughly and cook in double boiler or over the teakettle till it thickens. This dressing keeps well and the quantity is sufficient for two salads of the size given.

Snowballs—Cream one-half cupful of butter, add one cupful of fine granulated sugar, beat well; mix two level teaspoonfuls of baking powder with two cups of flour, add alternately with one-half cupful of milk; beat the whites of four eggs very stiff and add lightly. Fill buttered cups half full and steam half an hour; roll in powdered sugar. The quantity will be sufficient for Sunday's tea as well.

Consommé à l' Independence—The stock should be made on Friday, but the custard not until Saturday morning. Cut a knuckle of veal (10 cents' worth) into four pieces; a quarter of a pound of lean ham; one large onion, or two small ones; three whole cloves, one piece of mace, and, after it begins to boil, a saltspoonful of pepper. Put this into the soup pot and cover with two quarts of cold water. Cook until the meat leaves the bone. Take off the stove, strain through a sieve and set in a cool place until morning. Make the custard as follows: Beat two eggs with a spoon, add two tablespoonfuls of milk and one-fourth of a teaspoonful of salt. Turn into a buttered cup and place in a pan of warm water. Cook in slow oven until firm in the center, then set away to cool. When ready to serve cut into small pieces, put into the tureen and pour over it four cups of the boiling stock diluted with one cup of water.

Roast Lamb, Mint Sauce—As roast lamb with mint sauce seems almost the national dish for the Fourth of July, the most economical plan (in fact, the only way one can enjoy genuine roast lamb on this allowance) will be to buy a fore-quarter and make it answer for two dinners and convert the remnants into some savory breakfast or luncheon dish on the

third day. It should be roasted in a hot oven, with a cup of warm water in the pan, frequently basted, and not salted until nearly done, when it should be sprinkled with a liberal teaspoonful. Serve with mint sauce made with a half-cup of vinegar boiled with two teaspoonfuls of sugar, then poured over a level tablespoonful of chopped mint leaves and allowed to stand until it is cold.

Cucumber Fritters—Peel and grate three full-grown, tender cucumbers. Press all the juice from the pulp and add to two cups of the pulp half a cup of cream, a cup of flour, one tablespoonful of melted butter, a level teaspoonful of salt and half a saltspoonful of white pepper. Beat four eggs, yolks and whites separately, very light, and add to the batter, which should be very thick. Have ready a kettle of boiling cotosuet and drop in one large spoonful at a time, removing as soon as crisp and brown. Serve as you would fried oysters, which they very much resemble.

Cherry Roll—As early as convenient in the morning stem and pit one box of cherries (those that sell at the rate of three boxes for 25 cents), cover with one cup of granulated sugar, and let them stand until ready to use. Sift two cups of flour, with two teaspoonfuls of baking powder, one of sugar and a quarter-teaspoonful of salt; rub in two tablespoonfuls of butter and mix with two-thirds of a cup of milk. Roll out into an oblong sheet a half-inch thick, spread with butter, then drain the cherries, leaving all the juice for the sauce, lay them upon the dough, sprinkle with two tablespoonfuls of sugar, roll up closely and pinch the ends that the juice may not escape. Place in a buttered pan and bake in a moderate oven for thirty-five minutes. Add enough water to the juice to make a cup and a half of sauce, thicken with a teaspoonful of flour dissolved in a tablespoonful of cold water, stir in three level tablespoonfuls of sugar and boil for three minutes.

These are intended to be red and white menus, since it is impracticable to use the other color of our flag (blue) in articles of food. The salad should be garnished with rings of the white of a hard-boiled egg and disks cut from boiled beets, while the tiny flags sold at two cents a dozen may be used as table decorations in connection with the dozens of white sweet clover now blossoming so luxuriously in many of our vacant city lots.

Mrs. M. L. Grant.

No. 414 Orchard Street, Chicago, Ill.

MONDAY, JULY THE FIFTH.

BREAKFAST.

Blackberries with sugar and cream.
Baked eggs.
Breakfast biscuit and coffee.

LUNCHEON.

Cold corned beef sliced thin.
Thin bread and butter.
Red raspberries and cream cookies.

DINNER.

Fried chicken.
Flaked potatoes. Deviled tomatoes.
Green apple pie. Cheese.
Coffee.

Breakfast Biscuit—One pint of flour, one rounding teaspoonful of baking powder; sift the flour and baking powder together three times; one tablespoonful of lard rubbed thoroughly in the flour, one-fourth teaspoon of salt. Mix as soft as possible to handle with cold water; roll and cut into biscuit and bake in a hot oven twenty minutes.

Fried Chicken—Take a spring chicken, dress and cut up as for pot pie. Steam for one-half hour, as this makes it more juicy and more evenly done; then fry in butter and lard mixed, a pale brown; sprinkle with one-half a teaspoonful of salt and a dash of pepper while frying.

Flaked Potatoes—Get potatoes as perfect as possible; boil in their skins in salt water for one-half hour; drain dry and peel; rub through a coarse sieve onto a hot dish before the fire. Do not touch them after this or the flakes will flatten out. Serve hot.

Deviled Tomatoes—Two or three large, firm tomatoes, not over ripe; cut them into slices half an inch thick and lay on a sieve. Make a dressing of one tablespoonful of butter and one of vinegar rubbed smooth with the yolk of one hard-boiled egg; add a teaspoonful of sugar, half a teaspoonful of salt, a fourth of a teaspoonful of mustard and a fourth of a saltspoonful of cayenne pepper; beat until smooth and heat to a boil. Take from the fire and pour upon a well-beaten egg, whipping to a smooth cream. Put the vessel containing this dressing in hot water while the tomatoes are being thoroughly broiled over a clear fire. Put the tomatoes on a hot dish and pour the dressing over them. Cooked in this way they are very nice with chicken.

Apple Pie—Crust: For one pie take two large handfuls of flour, a pinch of salt, a piece of lard the size of a turkey's egg, rub into the flour until smooth; mix with just enough cold water to roll. Filling: Take four or five large tart apples, pare, quarter and slice thin. Line the pie plate with the crust, place the sliced apples on the crust and season with three-fourths cup of sugar, a piece of butter size of walnut, a half a saltspoon of salt and a fourth of a grated nutmeg. Wet the edges of the under crust, place the upper crust over the apples and press very

closely around the edge; prick the upper crust with a fork to keep from blistering. Bake slowly for half an hour.

Cream Cookies—One and two-thirds cups of sugar, one-half cup of butter, one cup of sour cream, three eggs, one-half teaspoonful of soda, three cups of flour. Do not roll too thin.

Mrs. E. J. Parmely.

Michigan Street, De Pere, Wis.

TUESDAY, JULY THE SIXTH.

BREAKFAST.

Black cherries.
Farinose and cream.
Boston brown hash, with tomato pickles.
Great-aunt cornbread.

LUNCHEON.

Stuffed squash. Scotch scones.
Election cake. Iced chocolate.

DINNER.

Almond soup, with custard.
Scalloped lamb or mutton.
Stuffed eggplant. Potatoes in cream sauce.
Ginger water ice.

Farinose—One cup farinose stirred gradually into one quart of boiling water salted with three-quarters of a teaspoonful of salt. Cook twenty minutes, stirring occasionally. Serve with cream and sugar. (One of the best breakfast foods.)

Tomato Pickles—Take small tomatoes which have turned red, but are still unripe; put them in glass cans together with mint leaves. Pour over them hot salted vinegar.

Great-Aunt Cornbred—Beat one egg with a pinch of salt, add one pint of sweet milk, two tablespoonfuls of molasses, butter size of a butternut (melted). One heaping teaspoon of baking powder mixed with part of cornmeal. Stir in cornmeal until rather stiff, but not too stiff to pour.

Stuffed Squash—Choose a small summer squash with tender skin, wash it, cut out the stem end, remove the pulp and seeds without breaking the squash, mix them with sausage meat or cold meat chopped fine, season very highly, replace in the squash and bake about three-quarters of an hour.

Election Cake (over 100 years old)—Two and one-half cups raised bread dough, two cups sugar, one-half cup butter, two eggs (a little of the white reserved), cinnamon, nutmeg, pinch of salt, one-half teaspoon soda, one-half cup stoned and chopped

raisins, one-half cup of currants. Beat together sugar, butter and eggs until smooth. Beat these into the dough with the hand until well mixed. Exchange hand for spoon, stir in spice, salt and fruit. Pour into two buttered pans. Cover and let stand in warm place one-half hour. The rising will not be perceptible until subjected to the heat of the oven. Bake one-half hour. When done mix sugar with the reserved white of egg until stiff enough not to drop from the spoon. Apply with a cloth.

Iced Chocolate—Four ounces sweet chocolate, one-half cup of sugar (scant), one-half pint of water, one quart of cream, one teaspoonful of vanilla. Put chocolate, water and sugar in a saucepan to melt; stir until smooth. Heat cream in double boiler. When hot add it gradually to the chocolate mixture; beat until well mixed. When cold add vanilla, strain and freeze.

Almond Soup, with Custard—Four ounces shelled sweet almonds; scald and rub off skins; pound to a smooth pulp in a mortar, adding a few drops of milk to prevent oiling. Gradually mix in a quart of milk and four ounces sugar. Heat over a moderate fire. Meanwhile mix smoothly the yolks of two eggs, a wineglass full of milk and a little salt and pepper. Put into small pan rubbed with salad oil, set into larger pan containing hot water. Heat until the custard hardens. Cut into thin inch strips. When the soup boils mix a half-cup of it with the beaten yolks of two eggs and stir them with the rest. Pour into a tureen and cool. Before serving add the strips of custard and a little nutmeg. (A hot-weather dish to be eaten cold.)

Scalloped Mutton or Lamb—Chop fine cold cooked lamb or mutton. Put a layer in bottom of baking dish, then a layer of fresh or canned tomatoes, then a layer of bread crumbs, and so on until the dish is full. Season well with salt, pepper and butter. Bake until the bread crumbs are brown.

Stuffed Eggplant—Cut an eggplant into halves, scoop out the flesh, leaving a sufficiently thick rind to hold it in shape. Chop the flesh fine and mix with an equal amount of chopped bread, two tablespoonfuls melted butter, a teaspoonful of salt, a quarter-teaspoon black pepper and a dash of cayenne. Mix thoroughly and put into shells. Lay on top of each a thin slice of bacon and bake in a quick oven forty minutes.

Ginger Water Ice—Six ounces preserved ginger, one quart lemon ice. Make lemon ice as follows: Four large juicy lemons, one quart water, one orange, one and one-quarter pounds sugar. Boil sugar, water and rind of lemons and orange five minutes. Cool it and add juice of orange and lemons, strain and freeze. Pound four ounces of the ginger to a paste, cut the other two ounces into very thin slices and stir these into the lemon ice. Repack and stand away to ripen. Mrs. H. R. Hillyer.

University Heights, Madison, Wis.

WEDNESDAY, JULY THE SEVENTH.

[This meal is planned for bread-baking day.]

BREAKFAST.

Broiled white fish. Stewed potatoes.
Breadsticks.
Coffee.

LUNCHEON.

Baked eggs. French rolls.
Radishes.
Milk custard. Iced tea.

DINNER.

Turbot à la crême.
Sliced tomatoes.
Baked tongue. Sauce Hollandaise.
Potato in pyramids.
Raspberries and cream.

Stewed Potatoes—Slice a generous pint of cold boiled potatoes. Put into a saucepan butter the size of a pigeon's egg, and when it bubbles add an even teaspoonful of flour—the sauce not to be thick—which cook a moment and then pour in a cupful of milk—or better, cream. Season with a half-teaspoonful of salt and one-quarter teaspoonful of pepper. Stir slowly until it boils up, then mix in the potato slices. When thoroughly hot they are ready to be served.

Breadsticks—Set bread at night. In the morning, after kneading, take from the dough a piece equal to one-quarter loaf. Cut and roll into pieces three-quarters of an inch thick and four inches long. Place in a pan an inch apart and set in a warm place for half an hour. Bake in a moderate oven ten minutes. Serve hot. Practice alone makes perfect the shape and color of the sticks.

Rolls—When the bread is ready to put into the pans take dough equal to one loaf and add one tablespoonful each of butter and lard and sugar. Mold into biscuits and put in a pan—not too close together. Let them rise for an hour, or until light, and bake quickly in a hot oven. If desired hot for lunch, put the dough, before molding, into the ice chest until an hour and a half before luncheon. These biscuits cut in half and toasted in a moderately hot oven make delicious rusk for breakfast the next day.

Baked Eggs—Butter well individual fish-baking dishes and into each drop a fresh egg. Sprinkle over each a pinch of salt and pepper. Then cover with a thick layer of fine dry bread crumbs and scatter bits butter on top, about one-half teaspoonful

to an egg. Bake in a quick oven until brown—about five minutes. (Some consider the addition of a little grated cheese before baking or a little mayonnaise dressing when served an improvement.)

Milk Custard—This is a dish which, considering its cheapness and delicacy, is little used. It is a refreshing dish for a hot day—especially excellent for children, who can make an entire meal from it. Buy a bottle of liquid rennet, made by James T. Shinn of Philadelphia, price eighteen cents (all good grocers carry it). This will keep any length of time. To one quart of milk, slightly warmed, add one tablespoonful of liquid rennet, stirring only enough to mix it thoroughly. It should stand on or near the ice for an hour before serving. Mix a tablespoonful of cinnamon in a cupful of sugar and sprinkle over the custard as served, adding cream.

Iced Tea—The most economical way to prepare iced tea is to make a pot of rather strong oolong tea, early in the morning. Pour a pint of fresh boiling water slowly on three heaping teaspoonfuls of tea, cover tightly and set one side—not over the fire. When perfectly cold, pour off the tea from the leaves and set on the ice. Have a large bottle of filtered water lying on the ice and just before serving, add one quart of this water to the tea. Serve in glasses with a slice of lemon and sugar to taste. Small lumps of ice may be added if desired.

(A more delicate tea, but more expensive, can be made with cold water. Pour the entire quantity of water to be used on twice the quantity of tea used with boiling water and let it stand from six to twelve hours before serving. The cold water extracts the refreshing qualities of the tea without the astringent.)

Turbot à la crême—Pick the bones from the white-fish left from breakfast (a little freshened codfish can be added if there is not a pint of white). Make a sauce of a pint of milk, a few sprigs of parsley and a slice of onion; simmer together until well flavored; wet one tablespoonful of flour and stir in with butter half the size of an egg. Season with a teaspoonful of salt and one-quarter of a teaspoonful of pepper. (If codfish is used take one-half the quantity of salt.) Use individual fish dishes. Put a little sauce in dish, then a layer of fish, and so on, putting sauce on top. Cover with rolled crackers or bread crumbs and brown in a moderately heated oven.

Baked Tongue—Get a beef tongue weighing from three to four pounds, either fresh, or better, corned one or two days. Put it into a pot of boiling water enough to cover it and let it boil gently without stopping until the skin will slip easily from it, about two hours and a half. Have a teakettle of boiling water to replenish as the water boils away, just keeping the tongue covered. If the tongue is fresh add one tablespoonful of salt to the water in which it is boiled. When done skin it, rub with butter, sprinkle thoroughly with bread crumbs and bake twenty minutes. Serve hot with sauce Hollandaise. (There will be enough cold tongue left for a lunch or a Sunday supper.)

Sauce Hollandaise—Mix well the yolks of two eggs in one tablespoonful of cold water. Add one tablespoonful of lemon juice, one teaspoonful of salt and a quarter teaspoonful of cayenne pepper. Boil in a double pan and beat until the butter melts and it rises to a froth.

Potato Pyramids—Mold mashed potato in after-dinner coffee cups or molds. Turn out, sprinkle with crumbs and little bits of butter and brown in the oven. Cold mashed potato can be utilized in this way.

Sliced Tomatoes—When used as a vegetable should be served plain, allowing each member of the family to use for dressing salt, pepper, oil or vinegar, one, all or none, to taste. Great care should be taken in the selection of the tomatoes to have them perfectly ripe and never overripe. They should be solid and served very cold. Calculate one moderate-sized tomato to a person.

Elizabeth H. Baird.

No. 465 Dearborn Avenue, Chicago.

THURSDAY, JULY THE EIGHTH.

BREAKFAST.

Blueberries and milk.
Summer sausage. Potato klosse.
Bread balls. Coffee.

LUNCHEON.

Tongue salad. Creamed potatoes.
Bread and butter.
Wild red plums. Spice cookies.
Royal spruce beer.

DINNER.

Toast soup.
Stuffed beefsteak, sauce piquante.
Ragout of vegetables. Watermelon.
Coffee.

Summer Sausage—One heaping cup boiled beef, chopped; one heaping cup bread crumbs; one tablespoonful of flour; one saltspoonful of salt; three dashes of pepper; one-half teaspoonful of powdered sage; one-half teaspoonful of powdered marjoram; thyme and celery salt mixed. Moisten with one-half cup boiling water; mix well and make into cakes like sausage and fry in butter.

Potato Klosse—Beat a pound of boiled potatoes to a smooth pulp, and while still warm add one-half teaspoonful of salt, one-

half saltspoonful of pepper, two ounces butter, slightly melted, one tablespoonful finely minced parsley and two well-beaten eggs. Beat well, then drop the preparation, a tablespoonful at a time, into deep boiling fat, dipping the spoon each time into boiling water and being careful in dropping them to retain the shape of the spoon. Fry until a golden brown (about two minutes). then drain on blotting paper and pile up tastefully on a hot plate and garnish with parsley.

Bread Balls—Allow well-worked bread dough, made of the whitest flour, to become very light. Butter the hands, pinch off small bits and roll into round balls, making one dozen. Put them into warmed and greased gem irons. Let them become light, prick with a fork, turn a pan over them, and bake in a quick oven. They should be a delicate brown and as nearly round as possible.

Tongue Salad—Mix together one cupful cold tongue cut in dice, a sprig of parsley minced fine, one-half teaspoonful of salt, one saltspoonful of pepper, one hard-boiled egg cut fine, and a tablespoonful and a half of Durkee's salad dressing. Line a salad bowl with crisp lettuce leaves, put in the tongue mixture and garnish with a hard-boiled egg, sliced, and a few celery tips; then pour over a teaspoonful of the dressing. If a salt tongue is used no more salt will be required.

Spice Cookies—One cup of sugar, a heaping tablespoonful and a half of butter, creamed together, one-half cup of sour milk, into which has been stirred one-half teaspoonful soda. Add a scant half-teaspoonful of cloves, a half-teaspoonful each of cinnamon, nutmeg, vanilla and almond extract and one saltspoonful of ginger. Mix very stiff and roll very thin. Sprinkle granulated sugar over before baking. This makes about three dozen.

Royal Spruce Beer—Three-quarters of a pound of loaf sugar, one gallon of water, one-quarter ounce of ginger, the grated rind of two lemons and a teaspoonful essence of spruce. Add one-half cake yeast, dissolved in a half-cup of water. Let it ferment; strain, and bottle air-tight.

Toast Soup—Brown two heaping tablespoonfuls of butter in a kettle. Break four slices of toast in bits and stir them in the butter. Pour four teacupfuls of boiling water over and add one-half teaspoonful salt, one saltspoonful of pepper and half a cup of good cream—more if the cream is thin. Let it just come to a boil and serve. This is a very delicate soup.

Stuffed Beefsteak—Take a tender slice of round steak an inch thick, remove the bone, trim and spread with stuffing, roll up and tie with a string. Have ready a dripping-pan in which you have fried two slices of salt pork. Put in the roll and brown; then put in half a cup of hot water and sprinkle a saltspoonful of salt and half a saltspoonful of pepper over the meat. Cover closely and cook one-half hour. Serve with sauce piquante poured over.

Stuffing—One-half pint bread crumbs, one teaspoonful of summer savory, one-quarter teaspoonful of salt, one saltspoon-

ful of pepper, a tablespoonful of butter and one teacup boiling water. Stir all together and spread on the steak.

Sauce Piquante—Heat one cupful liquor from tongue or any kind of beef, skim and season with a saltspoonful of salt and two dashes of pepper. Stir in a heaping tablespoonful of browned flour, wet up in a quarter of a cup of cold water. As it thickens put in one tablespoonful of butter, one-half teaspoonful minced parsley and one-half teaspoonful sweet marjoram, one tablespoonful onion vinegar and one teaspoonful of made mustard. Boil up and serve.

Ragout of Vegetables—Parboil one carrot, two potatoes, one cup string beans, one cup green peas, one onion and a quarter of a pound of salt pork. Drain and take out the salt pork. Slice the potatoes, carrot and onion; add one sliced tomato, one cup of stock, two teaspoonfuls of butter, and a saltspoonful of pepper. Cook all together one-half hour and serve.

A half a watermelon can be bought at most places, and this will be sufficient for five persons.

Miss Edith A. Huling.

Wheaton, Du Page County, Ill.

FRIDAY, JULY THE NINTH.

BREAKFAST.

Huckleberries, sugar and cream.
Eggs à la crême. Sliced tomatoes.
Breakfast puffs.
Coffee.

LUNCHEON.

Cold boiled ham. Cottage cheese.
Bread and butter. Iced tea.
Cream raspberry tart.

DINNER.

Cream of sweet corn.
Broiled whitefish. Mashed potato.
Cucumbers. Eggplant, French style.
Lemon pie with cheese.
Coffee.

Cream Raspberry Tart—Line a deep pie plate or shallow pudding dish with pie crust; then fill the dish with the berries and sprinkle over them one-half cup of powdered sugar. Roll the pie crust out a little thicker than for an upper crust of a pie and spread over the berries, leaving the crust a little larger than the

dish, and do not press down the edge. Bake in a moderate oven. Meanwhile make a custard by placing a cup of cream or rich milk over the fire in a double boiler and when it comes to the boiling point stir in half a teaspoonful of corn starch, moistened with a little cold milk and one tablespoonful of sugar. Beat light the whites of two eggs and add to the mixture. Cook a moment before taking from the fire. Stand the dish containing the custard in a pan of cold water and stir until the custard is cold. When the pie is baked, carefully remove the top crust and pour the cold custard over the fruit. Replace the crust and allow the pie to become cool before serving.

Eggplant, French Style—Boil a large eggplant until tender; peel and mash smooth, season with one tablespoonful butter, one half saltspoonful pepper, one level teaspoonful salt and a little thyme. Chop fine two hard-boiled eggs and one-half an onion. Add two tablespoonfuls of bread crumbs. Mix well with the eggplant, put into buttered dish, put bread crumbs over the top with bits of butter and bake in quick oven until brown.

Elizabeth Colton.

No. 3158 Prairie Avenue, Chicago.

SATURDAY, JULY THE TENTH.

BREAKFAST.

Cherries on the stem.
Wheatena with sugar and cream.
Rice and meat croquettes.
Coffee rolls. Coffee.

LUNCHEON.

Fried calves' brains.
Tomatoes dressed individually.
Thin bread and butter.
Hot or iced tea.

DINNER.

Mutton soup.
Baked liver. Brown quirled potatoes.
Wax beans.
Currant pudding with cream.
Coffee.

Rice and Meat Croquettes—One cupful of boiled seasoned rice, one cupful of finely chopped cooked meat (any kind left over from yesterday will do), one saltspoonful of salt, a little pepper, two tablespoonfuls of butter, half a cupful of milk, one

egg. Put the milk on to boil; add the meat, rice and the seasoning; when this boils add the egg, well beaten: stir one minute, remove from the fire and when cool shape like croquettes; dip in beaten egg, then in cracker crumbs and fry in hot fat till brown.

Coffee Rolls—Sift one and one-half quarts of flour into a pan; to this add one-half teaspoonful of salt, one pint of cold water and one cupful of soft yeast; mix into a loaf and let rise over night. In the morning work into the dough a rounded tablespoonful of butter, half a teacupful of white sugar and half a cupful of English currants which have been well washed and dried in the oven; before putting them in sift some flour and sugar over them, then work them into the dough thoroughly, make into long rolls, dip into melted butter, place in pan, let them rise and when light bake in a quick oven fifteen minutes. These are very nice.

Fried Calves' Brains—Soak the brains for an hour in cold water, then boil for twenty minutes in water containing a small onion, three sprigs of parsley, a saltspoonful of salt and a tablespoonful of vinegar; throw them into cold water to blanch, remove the skins and fibers, then cut in slices, dip them in a batter made of one well-beaten egg, one tablespoonful of flour, a mite of salt and one-half cupful of milk. Fry to a light brown and serve on a hot platter.

Tomatoes Dressed Individually—Take five tomatoes that are fully ripe but firm and smooth, peel them, cut in halves, take out the most of the pulp and seeds, being careful not to break the outside. Make a French dressing of one tablespoonful of strong vinegar, three of salad oil, one-half teaspoonful of salt and a saltspoonful of pepper; mix the pulp and seeds with the dressing, return to the halves of tomatoes, set each half on a fresh leaf of lettuce on an individual dish and serve.

Mutton Soup—Two pounds of coarse, lean, chopped mutton (the scrag makes good soup and costs little); half an onion, sliced; one cup of milk, half a cup of raw rice, two quarts of cold water, one teaspoonful of salt. Put the meat into the cold water with the onion and simmer four hours; when nearly done add the salt, set away until cold, then skim and strain; return to the pot with the rice, which has been soaked for three hours, simmer half an hour, turn in the milk, which has been heated, stir and serve.

Baked Liver—Get a calf's liver, wash thoroughly and wipe dry. Cut a long, deep hole in the side, make a stuffing with one pint bread crumbs, three slices of bacon and an onion chopped fine, a few sprinkles of pepper, one teaspoonful of butter and a beaten egg (no more salt will be needed in the stuffing than the bacon furnishes), sprinkle a saltspoonful of salt into the incision, then put in the stuffing, sew or tie together, lard it over, sprinkle a teaspoonful of salt on the outside, dredge with flour, put in the roasting pan with a cup of water and bake two hours.

Browned Quirled Potatoes—Pare a half dozen good-sized old potatoes (old potatoes are best if put into cold water when put on to cook), let them cook until thoroughly done;

drain, mash and season with one-half cupful milk, one teaspoonful of salt, and a tablespoonful of butter; beat them well, press through a colander into the serving dish, do not let colander touch potatoes or dish, and set in the oven till nicely browned.

Wax Beans—Wash well and cut the ends from the beans and cut in two or three pieces; two quarts of beans will be sufficient; throw into boiling water, to which has been added a heaping teaspoonful of salt. The water should only commence to boil when they are put in, as long boiling makes the water flat and tasteless and the vegetables will not look well or have a good flavor. Cook the beans one hour and season with a teaspoonful of butter, some pepper and one-half cup of good milk. Do not cover while cooking. The water should be almost boiled away before the seasoning is put in.

Currant Pudding—Put one cupful of tapioca into a small strainer and let cold water run through it to cleanse it; pour boiling water over it and cook in a double boiler until the tapioca is transparent; add one-fourth teaspoonful of salt; stir often while cooking. Pick over one quart ripe currants and wash them, put them in a glass dish, sprinkle over them two cupfuls of white sugar, turn the hot tapioca very slowly over them and after it has cooled a little set on the ice to get very cold. When served with cream this makes a delicious and cool summer dessert.

Mrs. Edward E. Sloan.

No. 124 Sixth Street, Flint, Mich.

SUNDAY, JULY THE ELEVENTH.

BREAKFAST.

Blackberries.
Oatmeal croquettes.
Egg vermicelli. Thirded bread.
Coffee.

LUNCHEON.

Potted fish.
London crumpets. Cottage cheese.
One egg cake. Raspberry vinegar.

DINNER.

Roast veal. Mashed potatoes.
Summer squash. Stuffed tomatoes.
Baked berry roll, fruit sauce.
Coffee.

Oatmeal Croquettes—Warm one cup of cooked oatmeal in one tablespoonful of milk; add the beaten yolk of one egg and one

saltspoonful of salt. When cool shape into small ovals, roll in crumbs, dip in beaten eggs, roll in crumbs again and fry in smoking-hot fat.

Thirded Bread—One cup white flour, one cup rye flour, one cup yellow cornmeal, three tablespoonfuls sugar, one teaspoonful salt, one-half cake compressed yeast dissolved in one scant half-cup water. Mix these ingredients with milk, scalded and cooled, till thick enough to be shaped into a loaf. Let the loaf rise till it cracks open. Put into a pan and when light bake one hour.

Potted Fish—Chop and pound to a paste all the fragments of cooked fish you have. Season highly, using the proportion of one-half teaspoonful of salt, one-half teaspoonful of made mustard, one-half saltspoonful black pepper and three dashes cayenne to a pint of the paste. Moisten with a little melted butter. Pack closely in small stone jars. Put the jars in a steamer and heat for half an hour. Then press the meat down again and cover with hot melted butter. This will keep for a long time and may be served in slices or used for sandwiches. Remnants of tongue and poultry are very nice prepared in this way.

London Crumpets—Three cups flour, one-half teaspoonful salt, one teaspoonful sugar, two teaspoonfuls baking powder, one egg, one pint milk, one teaspoonful cinnamon. Sift together flour, salt, sugar and powder; add beaten egg, milk and extract; mix into a firm batter. Heat a well-greased griddle and on it set greased muffin rings. Half fill the rings, bake on both sides, and when done serve hot with cottage cheese.

Cottage Cheese—One quart sour milk, one teaspoonful butter, one saltspoonful of salt, one tablespoonful cream; place the milk in a pan on the back of the stove and scald it until the curd has separated from the whey; spread a strainer cloth over a bowl, pour in the milk and drain till quite dry; put the curd in a bowl with the butter, salt and cream; mix to a smooth paste with the hand, then roll into small balls.

One-Egg Cake—Cream together one cup sugar and butter the size of an egg; add one beaten egg; into this stir two-thirds of a cup of milk and half a teaspoonful of vanilla; sift two teaspoonfuls of baking powder with two scant cups of flour and add gradually; bake thirty minutes in a moderate oven.

Raspberry Vinegar—To four quarts red raspberries put enough vinegar to cover; let stand twenty-four hours; scald and strain it; add a pound of sugar to one pint of juice; boil twenty minutes and bottle; it is then ready for use and will keep for years; to a glass of ice-water add two tablespoonfuls; it is very refreshing.

Roast Veal—Get three pounds from the loin and dredge with salt, pepper and flour. Put strips of salt pork over the top. Allow half an hour to the pound and cover with a buttered paper to keep the meat from burning. Add water when the flour has browned and baste often. When done take up the roast, add more water if needed and make a brown gravy from the liquor in the pan.

Summer Squash—Summer squashes are good only when young and fresh. Wash and cut into small pieces. The skin and seeds need not be removed. Cook in boiling, salted water twenty minutes. Place the squash in a strainer or cloth and squeeze until the squash is dry. Turn into a basin, add two tablespoonfuls of cream or milk, a tablespoonful of butter, a saltspoonful of salt, a half saltspoonful of pepper and heat again before serving.

Stuffed Tomatoes—Cut a thin slice from the stem end of six tomatoes. Remove the pulp and mix with it an equal amount of buttered cracker crumbs. Mix with this a teaspoonful of salt, three dashes of pepper and a few drops of onion juice. Fill the tomato skins with the mixture and sprinkle buttered crumbs over the top. Bake till the crumbs are brown.

Baked Berry Roll—One pint of flour sifted with one heaping teaspoonful of baking powder; mix into this one tablespoonful of butter or lard and one-half teaspoonful of salt; add three-quarters of a cup of milk and roll out one-third of an inch thick. Spread thickly with any kind of berries, sift sugar over and roll. Bake half an hour and serve hot with fruit sauce.

Fruit Sauce—Cream together one-half cup of sugar and one tablespoonful of butter; add one beaten egg, one cup of mashed berries, and one cup of boiling milk. Wet one teaspoonful of corn starch in enough milk to dissolve it and stir in slowly. Let all boil together three minutes and serve.

Elburn, Ill. Mrs. C. A. Wakeley.

MONDAY, JULY THE TWELFTH.

BREAKFAST.

Bananas with currant juice.
Hashed veal with scrambled eggs.
Avena gems. Coffee.

LUNCHEON.

Swiss sandwiches.
Cucumbers. French dressing.
Savoy cakes. Frothed chocolate.

DINNER.

Green-corn soup.
Flank steak broiled. Mashed potatoes.
Tomato farci.
Raspberry foam. Coffee.

Bananas with Currant Juice—Cut the bananas an inch thick, place on a dish and sprinkle over sugar, one tablespoonful to four bananas; then add the juice of a cupful of currants. Prepare the night before and set in a cool place.

Hashed Veal—Chop fine cold roast veal, or veal cooked in any style will answer. Moisten with two tablespoonfuls of veal gravy or water. When hot break into it four eggs. If you have a cupful of veal, if not half a cup of fine stale bread crumbs will answer nicely to make the quantity, add a large saltspoonful of salt. Stir the eggs until cooked, add a tablespoonful of butter and a teaspoonful of chopped parsley, if liked. Serve quickly.

Avena Gems—Take one and one-half cups of cold cooked "avena." Season with a half-teaspoon of salt (if none was used in cooking), add two-thirds cup of milk (part cream is better) and white flour to make quite a stiff batter. Beat well, drop in hot gem pans, bake quickly. They are light, tender, sweet and very palatable.

Swiss Sandwiches—Mix equal parts of grated Swiss cheese and chopped English walnut meat. Season slightly with salt and cayenne. Spread between thin slices of bread, slightly buttered, and cut in fancy shapes.

Savoy Cakes—Beat together for twenty minutes the yolks of six eggs and one-half of a pound of powdered sugar. When light and thick add one-half of a pound of sifted pastry flour, the grated rind and juice of one lemon and four ounces of corn starch. Whip the whites of the eggs to a stiff, dry froth and carefully cut them in. Bake in a quick oven in finger molds that have been buttered, then dusted with flour and sugar.

Tomato Farci—Cut four tomatoes in halves, place them in a frying-pan, the open side down, in one-half inch deep of hot fat. Move them about until they are cooked a little tender. Lift them from the pan carefully and place them side by side in a baking-dish. Pour around them two tablespoonfuls of sweet oil, sprinkled with a tablespoonful of chopped onion, one of parsley, a half-teaspoonful of salt, half a saltspoonful of pepper and a good pinch of cayenne. Bake in hot oven twenty minutes and serve in same dish.

Raspberry Foam—Soak half a package of gelatine in half a cup of cold water until soft; heat to boiling two and one-half cups of red raspberry juice; sweeten to taste and turn over the soaked gelatine. Stir until perfectly dissolved, then strain and set the dish in ice water to cool. When cold beat the whites of three eggs to a stiff froth and stir into the thickening gelatine. Beat until the whole is a solid foam stiff enough to retain its shape. Turn into small molds previously wet with cold water then pile roughly in a dish. Serve with whipped cream.

Mrs. Marion C. Wilson

No. 6407 Lexington Avenue, Chicago.

TUESDAY, JULY THE THIRTEENTH.

BREAKFAST.

Black raspberries.
Oatmeal porridge, cream and sugar. Broiled bacon.
Wheat flour griddle cakes. Sirup.
Tea.

LUNCHEON.

Veal loaf. Sliced cucumbers.
Thin bread and butter.
Silver and gold cake.

DINNER.

Potato soup.
Lamb chops, breaded. Mashed potatoes.
Beets, pickled. Currant pie.
Cheese.
Vienna coffee.

Silver and Gold Cake—One cup of sugar, half a cup of butter, two cups of flour, one cup of milk, four eggs, one teaspoonful (scant) of almond extract, one heaping teaspoonful baking powder Sift the flour and powder together. Beat the butter to a cream and gradually beat in the sugar; add the flavoring. Add the milk to the beaten sugar and butter; take half the mixture, and add the whites of three eggs beaten to a very stiff froth, and half the flour stirred in. Bake in two layers. Take the other half the mixture, and add the beaten yolks of four eggs, and stir in carefully the remaining half of the flour. Bake in two layers. When done put in alternate layers—the silver on top.

Chocolate Cream Frosting—White of one egg beaten to a stiff froth, and half the quantity of cream. Add confectioners' sugar till thick enough to spread. Spread between the layers and on top. Melt half a cake of German sweet chocolate by putting in bowl over boiling water; add a teaspoonful boiling water to the chocolate, beating well, and pour over the cream frosting on the cake.

Beets, Pickled—Cut boiled beets in slices; put in a glass or earthen jar, with one tablespoonful grated horse-radish, six cloves and vinegar enough to cover. They will be ready to use in about ten or twelve hours. Or, if preferred, use the beets the first day without pickling.

Currant Pie—Butter the pie plate and cover with paste that has been rolled quite thin; fill with ripe, red currants not previously cooked; sprinkle plentifully with sugar, dredge in a little flour, and put in two tablespoonfuls of water; wet the

edge of the paste and cover with top crust, cutting slit in center, pressing the edges well together, and bake about three-quarters of an hour.

Vienna Coffee—To one and half cups of boiling milk add one cup of whipped cream, and pour this into one quart or more of strained coffee. Mrs. Clara Sloane

No. 522 E. Costilla Street, Colorado Springs, Colorado.

WEDNESDAY, JULY THE FOURTEENTH.

BREAKFAST.

Sliced tomatoes.
Broiled mackerel.
Hot buttered toast.
Coffee.

LUNCHEON.

Pea salad. Brown bread and butter.
Huckleberries. Small cakes.
Iced or hot tea.

DINNER.

Fried chicken with Hollandaise sauce.
New potatoes. Corn oysters.
Currant sherbet.
Coffee.

Pea Salad—Take cold peas left from dinner, add cucumber sliced and quartered; place on lettuce leaves and cover with French dressing: Three tablespoons oil, one tablespoon vinegar, one-half teaspoon salt, small quarter teaspoon pepper, few drops of onion juice.

Small Cakes—One cup sugar, one-half cup butter, one-half cup milk, one and one-half cups flour, two level teaspoons baking powder, two eggs. Beat butter to a cream, add sugar gradually, then the well-beaten yolks, the flour and milk alternately, and lastly the whites, well beaten. Baking powder should be sifted with flour.

Broiled Chicken—Singe and split down the back and wipe with damp cloth. Season well with salt and pepper. Take some butter in the right hand and rub over the bird, letting the greater part go on the breast and legs. Dredge with flour. Put in broiler with breast to the heat first. When the chicken is a nice brown, which will be in about fifteen minutes, place in a pan in a moderate oven for twelve minutes. Place on a hot platter, season with butter and serve immediately. This is for chicken weighing about two and a half pounds.

Hollandaise Sauce—One-half teacup butter, juice of lemon, yolks of two eggs, speck cayenne, one-half teaspoon salt, one-half cup boiling water. Beat butter to a cream, add yolks one at a time, then the other ingredients. Put bowl in boiling water and beat with egg-beater until thick as soft custard. Turn on platter around chicken.

Corn Oysters—One cupful flour, half cupful melted butter, three tablespoonfuls milk, one small teaspoonful salt, one-fourth teaspoonful pepper, one pint grated corn. Pour the corn on flour and beat well; then add the other ingredients and beat rapidly for three minutes. Have fat in the frying-pan to the depth of two inches. When smoking hot put in the batter by the spoonful. Hold spoon close to fat and the shape of oyster will be good. Fry about five minutes.

Currant Sherbet—One pint of sugar, one quart of water, one pint of currant juice, the juice of a lemon. Boil water and sugar together half an hour, add lemon and currant juice to this and let cool and freeze. Mrs. L. S. Boughton.

Battle Creek, Mich.

THURSDAY, JULY THE FIFTEENTH.

BREAKFAST.

Iced currants.
Codfish croquettes.
Waffles. Coffee.

LUNCHEON.

Chicken terrapin. Potato balls.
Thin bread and butter.
Barberries. Tea.

DINNER.

Canelon of beef. Flemish sauce.
Potato soufflé. Green peas à la Francaise.
Tomato jelly salad.
Peach charlotte. Iced coffee.

Iced Currants—Wash and drain dry large bunches of ripe currants, dip into beaten white of egg, put in sieve so that they will not touch each other, sift powdered sugar thickly over them and put in a warm place till dry. Cherries and grapes may be prepared in the same way.

Codfish Croquettes—One pint bowlful of raw fish, two heaping bowlfuls of pared potatoes (let the potatoes be under medium size), four tablespoonfuls of milk, butter the size of an egg, one-

eighth of a teaspoon of pepper. Pick the fish very fine and measure it lightly in the bowl. Put the potatoes into the boiler and the fish on top of them; then cover with boiling water and boil half an hour. Drain off all the water and mash fish and potatoes together until fine and light. Then add the butter, pepper and the milk. Beat well. When cool roll into croquettes, dip in egg and bread crumbs and fry a light brown in boiling fat.

Waffles—Mix together one pint of flour and one pint of milk to a smooth paste; add one-half of small cup of butter, barely melted; add to this the well-beaten yolks of three eggs, then the beaten whites, and just before baking one teaspoonful of baking powder. Beat very hard for two minutes and bake in a very hot iron. This recipe is delicious and never fails.

Chicken Terrapin—Cut up the remains of cold chicken into small pieces, being careful not to get any skin in the dish. Put into a skillet or chafing-dish one-half pint of cream or rich milk. Mix together one tablespoon of flour and one of butter, and when the cream comes to a boil stir this in. Season with a small half-teaspoon of salt and a dash of pepper. Have ready two hard-boiled eggs, chopped fine, mix with the chicken and stir into the thickened cream. Let the mixture come to a boil and serve. This is a delightful way to use up the "odds and ends" of chicken.

Barberries—Two cups of raisins, seeded and chopped, one-half pound of chopped citron, one cup sugar; juice of one lemon, one-half cup of water. Stew all together five minutes. Line small patty pans with rich pie crust filled with the above mixture, cover with upper crust and bake in quick oven. These will keep in a cool place for several days.

Canelon of Beef—Two pounds of the round of beef, the rind of half a lemon, three sprigs of parsley, one teaspoon of salt, one-fourth teaspoon of pepper, one-eighth of a nutmeg, two tablespoons melted butter, one raw egg and half a teaspoon of onion juice. Chop meat, parsley and lemon rind very fine. Add other ingredients and mix thoroughly. Shape into a roll about three inches in diameter and six in length. Roll in buttered paper, tie securely and bake thirty minutes, basting with butter and water. When cooked place in a hot dish, gently unroll from the paper and serve with Flemish sauce, tomato or mushroom sauce, or any other you may prefer. There will be enough left to serve cold for the following day's luncheon.

Flemish Sauce—Cut a cupful of carrots into very small dice. Cover with boiling water and simmer one hour. Put three tablespoons of butter, two of flour, a slice of carrot, an onion cut fine, a blade of mace and twenty peppercorns in a sauce-pan. Stir over the fire one minute and add two cupfuls of any kind of seasoned meat stock. Simmer gently half an hour. Add a cupful of milk, boil up once and strain. Now add the cooked carrot, one tablespoon chopped parsley, two of chopped cucumber pickles, and, if you like, one of grated horseradish. Taste to see if salt enough.

Tomato Jelly Salad—Take eight good-sized tomatoes, remove

skins and stew gently ten minutes with a slice of onion, six cloves, a sprinkling of pepper and a half teaspoon of salt. Pass this through a sieve to remove seeds, etc. Stand it on back of stove and stir into it one-half box of gelatine dissolved in a small half-cup of boiling water. Strain through a cloth into glasses wet in cold water, and set away to harden. There should be a pint and a half in all. Serve in slices on lettuce leaves with mayonnaise dressing. This may be prepared with canned tomatoes also.

Peach Charlotte—Soak one-third of a box of gelatine in one-third of a cup of cold water till soft, then pour in one-third cup of boiling water, one cup of sugar, juice of one lemon. Strain sufficient canned or freshly stewed peaches through a sieve to make a cupful and add it to the other ingredients. Stir all together in a dish set in cold water, and when the mixture begins to harden beat in the stiffly beaten whites of three eggs. Pour into a mold. Serve with whipped cream. Mrs. S. C. Parks, Jr.

Lander, Wyo.

FRIDAY, JULY THE SIXTEENTH.

BREAKFAST.

Apricots and cream.
Eggs à la goldenrod. Fried tomatoes.
Parker house rolls.
Coffee.

LUNCHEON.

Cecils. Sliced cucumbers.
Bread and butter. Sponge cake.
Blueberries.
Tea.

DINNER.

Soup à la Salvini.
Boiled bass with mushrooms.
Baked cauliflower. Mashed potatoes.
Frozen custard. Wafers.
Coffee.

Fried Tomatoes—Cut in halves and fry to a golden brown in butter. Serve on toast.

Eggs à la Goldenrod—Put one tablespoonful of butter in a frying-pan and when bubbling add one tablespoonful of flour, one-half teaspoonful of salt, one-half saltspoonful of pepper, and gradually one cup of milk. Add the whites of three hard-boiled

eggs chopped fine. When hot pour into a hot dish. Rub the yolks through a strainer over all and garnish with parsley.

Parker House Rolls—Take two quarts of flour and rub into it a tablespoonful of lard and a level teaspoonful of salt; put in a deep breadpan and make a hole in the flour, into which pour one pint of cold, boiled milk, and one-half cup of yeast. Cover the pan and let it stand all night. In the morning stir it up and knead well, and set in a warm place to rise; let it rise to a light sponge (it will rise in one and one-half hours), then roll it out on the board about one-half inch thick; cut with an oval cutter and fold each one together through the center, placing a bit of butter in each crease. Lay them on thin sheets; let them rise an hour and then bake in a quick oven fifteen minutes.

Cecils—Chop one cup of cold roast beef or rare steak; season with salt, pepper, onion juice and Worcestershire sauce; add one tablespoonful of melted butter, two tablespoonfuls bread crumbs and one egg yolk; stir until well mixed; shape, roll in flour, egg and crumbs and fry in deep fat; they should be shaped like small croquettes or in the form of balls; serve with tomato sauce.

Soup à la Salvini—Purchase a chicken 1 year old; singe; draw and cut it to pieces; crack the bones and well slash the meat; put in a kettle one tablespoonful of butter and one sliced onion; cook until brown, then add three quarts of cold water and the chicken. Lower kettle and cook slowly for two hours. Now add two bay leaves, one onion with six cloves and a blade of mace; cover and cook slowly one hour longer; strain and stand aside to cool. When cold next day skim off all the fat and turn the soup, without sediment, into a kettle; bring to boiling point; moisten three tablespoonfuls of arrow-root in a little cold water, add it to boiling soup and stir boiling again. Season with salt, pepper, and add one-half teaspoonful of soup greens chopped fine. Strain and it is ready for use.

Boiled Bass with Mushrooms—Clean a fine bass and sew up in a thin cloth. Put into boiling water in which you have mixed four tablespoonfuls of vinegar, with six whole black peppers and a little salt. Cook about twelve minutes to the pound. Prepare a cupful of drawn butter, boil half can of mushrooms twenty minutes, drain, chop up and stir, with the juice of half a lemon and a little pepper, into the drawn butter. Simmer together three minutes, put the fish upon a hot dish and pour one-third of the sauce over it, serving the rest in a boat.

Baked Cauliflower—Wash a large head of cauliflower, put it into boiling salt water and boil rapidly for five minutes. Then push it back where it cannot possibly boil for thirty minutes. Drain carefully, put it into a baking dish, cover over it a pint of cream sauce, dust with Parmesan cheese and run it into a hot oven for fifteen minutes.

Frozen Custard—Beat the yolks of four eggs until creamy; pour into them two quarts of scalding milk; add two cups of sugar; return to the fire and stir for just a minute; add a quarter of an ounce of gelatine that has been soaking a half-hour in one-

half cup of cold water; strain and flavor. When perfectly cold, freeze.

Sweet Wafers—Beat to a cream in a warm bowl two ounces of butter and ten ounces of fine granulated sugar. Add three eggs, one at a time, and beat thoroughly after each is added. Sift on this mixture one-half pound of flour and gradually pour over it one-half pint of milk, beating until smooth. Drop on buttered tins, two or three inches apart, half-tablespoonfuls and spread over tins in rounds. Angela Harrison.

No. 499 Belden Avenue, Chicago.

SATURDAY, JULY THE SEVENTEENTH.

BREAKFAST.

Melons.
Codfish—maitre d' hôtel. Potato ribbon.
Corn muffins. Graham bread.
Coffee.

LUNCHEON.

Cereal with fruit.
Thinly sliced bread and butter.
Frozen bananas. Angel food.

DINNER.

Vegetable soup.
Roasted calf's heart. Corn pudding.
Salad à la columbine.
Blackberry cobbler. Coffee.

Melons—A good, sweet melon is very cool and refreshing on a hot morning. The rough, green coat and deep indentations changing to a golden tint give promise of food fit for "the gods." Place the melon on ice until it is thoroughly chilled, then cut open and scrape out the seeds, fill the cavity with finely cracked ice and serve.

Codfish—Maitre d' Hôtel—Remove the skin and bones from three slices of fresh codfish and cut each slice in two pieces; season with one teaspoonful of salt and one-half teaspoonful of pepper; dust with flour; dip the pieces in beaten eggs, cover them with cracker crumbs and fry in hot fat.

Have ready a dressing made by stirring one ounce of butter to a cream, to which you have added one tablespoon of lemon juice, one tablespoon of fine-chopped parsley and one-eighth teaspoon of nutmeg; spread this over the fish and serve while hot.

Cereal with Fruit—I have transferred this dish from breakfast to luncheon as being more appetizing that time of day, and

also because cream and fish do not readily assimilate in the digestive organs of most persons.

Take five large, firm, sour apples, pare and core, care being taken to leave a good-sized cavity in the center slightly larger at one end than the other. Cook these in a sirup made by boiling for five minutes one cupful of sugar in two cupfuls of water, flavored with one-inch piece of stick cinnamon and a few shavings from the yellow rind of a lemon. Turn the apples once, carefully; when done lift with a skimmer and place in a pretty bowl, the larger end of the cavity upward. Having cooked your favorite cereal, fill each cavity heaping full with it and pour the boiling sirup over all. Serve either hot or cold with cream, and I will guarantee your little ones will not longer refuse the health-giving food.

Frozen Bananas — Cut six bananas crosswise in very thin slices; add half-pound of powdered sugar to them, let stand an hour, then add a quart of water and the grated peel of a lemon. When the sugar is dissolved put all in a freezer and freeze as you would ice cream. A pint of cream, whipped stiff, may be added if liked. Serve with whatever kind of cake is most convenient. These frozen things suit better for luncheon than after a heavy dinner, and take the place of tea or coffee.

Roasted Calf's Heart—Take a calf's heart and wash it thoroughly in cold water; cut out the veins and arteries. Make a stuffing with one heaping tablespoonful of bread crumbs, one tablespoonful of chopped onions. one saltspoonful of powdered sage, one-half a saltspoonful of salt and a quarter of a teaspoonful of pepper. Moisten with milk or water, put into the cavity caused by the removal of the arteries and sew the edges together. Put in a deep dish and half cover with boiling water in which an onion has been placed. Bake in a hot oven one hour, basting every ten minutes; add more water if necessary. When half cooked add a half teaspoonful of salt and a saltspoonful of pepper. When the heart is done you may make a gravy by thickening the water that is left in the dish with a teaspoonful flour wet in cold water. You will find this a very nice occasional dish for dinner and a very inexpensive one.

Salad à la Columbine—Skin five medium-sized smooth red tomatoes, place each in a cup and barely cover with seasoned gelatine. When cold and ready to serve, turn out and place a spoonful of mustard dressing on each.

Corn Pudding—Take six small or four large ears of corn, cut the thinnest possible shaving from the rows of corn on the cob; then a heavier layer, and so on until it is all cut off. This is much nicer than grating or scraping, as it is not so mushy and does not make the pudding so solid. There should be about two cups of this pulp. Take two eggs well beaten, stir in the corn, add a level tablespoonful of butter, three-quarters of a teaspoonful of salt and a quarter of a teaspoonful of pepper; stir thoroughly and gradually add two cups of sweet milk. Pour into a pudding dish and bake three-quarters of an hour in a moderate oven. Serve hot with the meat.

Blackberry Cobbler—This is a southern dish sometimes called "family pie." Take a yellow pudding dish, line it with pastry and fill with ripe, luscious blackberries or dewberries well picked over (it will take about a pint and a half). Sprinkle with sugar and cover with a top crust, which has been rolled thin, doubled together and gashed with a knife; open out plate on top and press the edges down with a fork, unless you have learned the art from some "old mammy" of making a rolled edge with the thumb and finger. Bake slowly one-half hour and serve with cream or butter and sugar. This is also good cold if any should be left over, which is not probable. Alice J. Withrow.

Lexington, Va.

SUNDAY, JULY THE EIGHTEENTH.

BREAKFAST.

Cracked wheat with rich milk and sugar.
Poached eggs on toast. Coffee.

LUNCHEON.

Stuffed calf's heart with browned onions.
Rice with tomato sauce.
Cornstarch pudding with crushed fruit.
Tea.

DINNER.

Asparagus soup.
Roast leg of mutton, browned potatoes.
Green-corn oysters. Vegetable salad.
Berry roll with sauce. Coffee.

Stuffed Calf's Heart—If people only knew how delicious a calf's heart is, it would be more popular and the butchers would ask more than 10 cents for it. In France it is considered a delicacy. Make stuffing as for a turkey of a cup of bread crumbs seasoned with teaspoon butter, quarter-teaspoonful salt and three dashes of pepper, with a pinch of sage or thyme. Fill the cavity full, tie a buttered paper over end to keep in place. Bake for one hour, basting often. Thicken the gravy with browned flour. Garnish the dish with spring onions size silver dollar, boiled almost done, then put in pan with the heart to finish cooking and brown slightly.

Rice with Tomato Sauce — Three-quarters of a cup of rice cooked in milk boiler; do not stir. When done, while yet hot, mold into cones by putting into egg cups for five minutes and turning out on to platter. Boil, strain three large tomatoes, thicken with tablespoon flour; one-half teaspoonful salt, one-

quarter salt spoonful of pepper, one tablespoon butter; pour very hot on rice cones.

Cornstarch Pudding—One pint rich milk, two tablespoons of cornstarch moistened with a little of the milk, three tablespoons of sugar, two eggs well beaten; heat milk to near boiling; add one-half teaspoon salt, the sugar, then the dissolved cornstarch; stir constantly; when uniformly smooth add the eggs and let boil two minutes; pour into mold to cool. When turned out for table pour over it the crushed fruit. Prepare this by crushing a box of red raspberries or other fruit with three-quarters cup of powdered sugar and three tablespoons of water; stir well; allow to stand one hour.

Asparagus Soup—Get a small, lean beef bone (5 cents); simmer two hours; allow three bunches of asparagus to boil three-quarters of an hour in pot; do not unite these until done; then cut off the tender tips of two bunches and return to soup; reserve the other for our vegetable salad; rub the asparagus stalks through the colander until all pulp has dropped into the pot; add to one-half pint of rich milk one teaspoon of salt, one-half teaspoon of white pepper; heat and thicken with heaping tablespoon of flour; pour into soup and allow it to boil up once. A delicious, creamy soup.

Vegetable Salad—Line platter with crisp lettuce leaves. Cut up and place upon it one crisp cucumber. Three firm tomatoes, tips of one bunch of asparagus saved from soup, and three beets thoroughly done and cooled. Pour over mayonnaise dressing.

Berry Roll—Make rich biscuit dough; roll out into one large square (or two smaller ones). In center of square heap berries, cherries or any fresh fruit, and two tablespoonfuls of sugar. Pinch the ends and edges well as you fold over. Bake in moderate oven. Serve with butter and powdered sugar creamed together, or with any plain sweet sauce or plain cream and sugar.

Mrs. Laura Torbert.

No. 2552 Prairie avenue, Chicago.

MONDAY, JULY THE NINETEENTH.

[An economical day of New England dishes.]

BREAKFAST.

Fine hominy with cream and maple sirup.
Egg toast. Hot blueberry cakes.
Coffee.

LUNCHEON.

Mutton broth, Boston brown bread.
Warm gingerbread and cream.
Iced cocoa.

DINNER.

Black bean soup.
Brown fricassee of veal.
Boiled potatoes. French beets.
Lettuce, perfect dressing.
Peaches.

To make this day a success economically beef shortening must be appreciated and understood, as it is even better than butter for many recipes.

Beef Shortening—Take all scraps of good beef fat left from roasts, steaks, corned beef or the liquor it is boiled in or fresh suet bought for the purpose. Cut up in pieces, first removing every trace of meat and scraping off burned and blackened places. Place in an old granite saucepan with one potato scrubbed and cut up, skin and all. Heat slowly till fat begins to melt so that it won't stick and burn. Stir or shake occasionally and squeeze with spoon till fat is all melted out of meat fiber. Strain at once into stone jar or old muffin tins. Should be clear and congeal to a good cream color. Will keep as long as butter in a cool place.

Egg Toast—Six slices of bread half-inch thick, two eggs, half-cup milk, half teaspoon salt, one tablespoon butter and one of beef shortening. Beat together eggs, milk and salt in shallow dish. Dip in the slices of bread on each side, drawing off what does not soak in. Heat butter and shortening in frying pan, lay in the soaked bread and fry a good brown on both sides. Serve hot.

Blueberry Cakes—One pint sifted flour, one pinch of salt, two even teaspoons baking powder, one-quarter cup butter, one-half cup sugar, one egg yolk and white beaten separately, one cup milk, one heaping cup huckleberries or blueberries. Sift together flour, salt, and baking powder two or three times. Cream butter, add sugar and beat again. Add beaten yolk, then milk. Stir in the flour and beat thoroughly. Add white, beaten stiff, and lastly the berries picked over, washed and sprinkled with flour. Bake in muffin tins about half an hour. Sour milk may be used, with one-half teaspoon soda instead of the baking powder.

Mutton Broth — Two pounds lean neck of mutton, cut up small bones and all. Cover with four quarts cold water and add one small onion sliced and bring to a boil. Wash and soak one-half cup rice and add to the broth as soon as it is fairly boiling. Keep all well covered and boiling steadily an hour and a half or two hours, until creamy and thick with the rice. Skim out meat and bones and set broth where it will cool so that any fat may be removed. Cut meat up fine, removing bones, and heat with the broth, adding one small tablespoon salt. If any is left over it makes an excellent addition to a tomato soup next day.

Boston Brown Bread (sour milk)—Mix in the order given one exact half-cup white cornmeal, one-half cup rye flour, one-half cup graham flour, one-half teaspoon salt, one good half tea-

spoon soda pulverized, and beaten into one-quarter cup molasses; and one and a quarter cups of sour milk. Steam three hours. If you have not the regulation brown breat tin, the oatmeal boiler, well greased, makes a good steamer and a nice shaped loaf.

Gingerbread—A piece of beef shortening size of an egg melted in one cup boiling water; add one cup molasses, then two cups flour, in which are sifted one teaspoon fine soda, one and a half teaspoons ginger and one-half teaspoon salt. Beat well; bake in a shallow tin in a quick oven. Should not be cut while hot, but may be lightly broken and eaten without fear of indigestion.

Iced Cocoa—This should be made of all milk, and chilled without adding any cold milk. Beat thoroughly just before serving.

Black Bean Soup—Soak over night one pint black beans. In the morning pour off the water and add two quarts fresh cold water. Set them on to boil slowly. Slice one small onion, fry in one tablespoon butter or beef shortening to a light brown and add to the beans. Simmer four or five hours or till beans are soft, adding a little cold water if they boil too hard. When soft rub the beans through a soup strainer, put the soup on to boil again and thicken with one tablespoon of flour cooked in one of butter (to prevent beans from settling). Now add, if you have it, a little water in which corned beef, a salt tongue or a ham have been boiled or the bone or a bit of the meat. This gives a better taste than any amount of salt and pepper seasoning. There should be two quarts of soup when finished. Pour over slices of hard-boiled egg and lemon, which should be served in each plate. Serve very hot with croutons.

Brown Fricassee of Veal—Two pounds lean veal off the cheap part of the leg. Remove fat and bone and cut meat in two-inch "gobs." Put the bones on to simmer in cold water enough to cover. Salt, pepper and flour all over each "gob" of meat. Heat one tablespoon butter and one of beef shortening in frying-pan (or two tablespoons of either alone) and fry meat brown all over. Remove and if fat is all used up add as much more. Fry brown one small onion sliced and two tablespoons flour. Add the simmering water from the bones and stir till smooth, adding more water or a little sour milk to make sauce enough to cover the meat. Strain over the meat and stew slowly, closely covered for two hours. This will make tender the tough parts of veal or beef and is a delicious dish. Add more salt and pepper if needed just before serving.

French Beets—These are baked instead of being boiled and retain a much better flavor and juiciness. Select beets of even size, wash, and allow plenty of time to bake till tender, about three hours. Peel, slice and serve hot with dabs of butter, salt and pepper.

Lettuce with Perfect Dressing—This is a pretty dish to finish at table while the meat course is being cleared away. Arrange the lettuce beforehand in a bowl with the leaves standing up so that the dressing can get down into them when poured over. For

the dressing prepare a soup plate or small bowl by rubbing with onion. In this mix two saltspoons salt covered lightly with pepper and a dash of cayenne. Melt with one tablespoon vinegar and add two or three tablespoons salad oil. Stir all together with a small lump of ice until it thickens and looks opaque. Remove ice and pour dressing lightly over every bit of the lettuce.

The gingerbread left from luncheon may be cut in small squares or diamonds and covered with powdered sugar, when it looks like new. Mrs. V. C. Sanborn

LaGrange, Ill.

TUESDAY, JULY THE TWENTIETH.

BREAKFAST.

Pears.
Sliced Baked Ham.
Light rolls. Coffee.

LUNCHEON.

Bread and butter.
Tomatoes, with mayonnaise dressing.
Tea cakes. Blackberries, with cream.

DINNER.

Green-pea soup.
Fried chicken.
Boiled green corn. Beets.
Chocolate wafers. Peaches and cream.

Baked Ham—Cover your ham with cold water and let it simmer gently, just long enough to loosen the skin, so that it can be pulled off (this will probably be in from two to three hours, according to the size of your ham). When skinned, put in a dripping pan in the oven, pour over it a teacup of vinegar and one of hot water, in which dissolve a teaspoonful of English mustard. Bake slowly, basting with the liquid every few minutes for two hours; then cover the ham all over to the depth of one inch with coarse brown sugar, press it down with your hand firmly, and do not baste again until the sugar has formed a thick crust, which it will soon do in a very slow oven. Let it remain in a full hour after covering with sugar, till it becomes a rich golden brown. When done drain from the liquor in the pan and put on a dish to cool. When it is cool, but not cold, press, by turning a flat dish on top. The pressing makes it cut firmly.

Light Rolls—The bread must be made in a warm place. One quart milk, one teacup of yeast, one quart and a pint of flour. When this sponge is light, work in a well-beaten egg and two

tablespoonfuls melted butter, with a teaspoonful of salt, half a teaspoonful of soda dissolved in hot water, one tablespoonful of white sugar and enough flour to make soft dough. Let this stand five hours. Shape with your hands into balls. Put them closely together in the baking-pan; let them rise one hour. Bake half an hour. Do not let the rolls touch each other. The best sized pans for loaves are made of block-tin, eight and one-half inches long and four and one-half wide. The pan should be greased slightly either with lard or butter.

Boiled Green Corn—Choose full grown but not hard corn. Test with your nail. When right, the milk should escape in a jet and not be thick. Put into boiling water and cook fast twenty minutes.

Chocolate Wafers—This is a favorite recipe of the wife of Senator J. C. S. Blackburn, of Kentucky. One-half cup of butter, one tablespoonful of lard, one cup of sugar, one-half teaspoonful of salt, one-half teaspoonful of cinnamon, two ounces of grated chocolate, melted, one teaspoonful of baking powder, dissolve in two tablespoonfuls of milk, two and one-half cups of flour. Roll them, using as little flour as possible. Bake quickly.

Mrs. S. M. Hardy.

No. 701 W. Chestnut street, Louisville, Ky.

WEDNESDAY, JULY THE TWENTY-FIRST.

[Menu for persons with impaired digestions.]

BREAKFAST.

Blueberries.
Granola with sugar and cream.
Codfish and cream served on whole-wheat bread toast.
Shredded cereal coffee.

LUNCHEON.

Granose flakes in hot milk.
Shredded wheat biscuit.
Chicken custard.
Racahout des Arabes.

DINNER.

Asparagus soup.
Broiled beefsteak. Baked potatoes.
Celery with white sauce.
Whole-wheat bread.
Orange sherbet.
After-dinner coffee.

The Granola, granose flakes and shredded wheat biscuit have directions for preparing on the outside of each package. The shredded cereal coffee also has directions on box.

Codfish in Cream—Cut salt fish into one-quarter inch dice, pour boiling water over it and let stand for five minutes. Allow one cup of thin cream to one-quarter cup of fish; drain the fish, add to the boiling cream and serve on toast. A speck of cayenne is a great improvement.

Whole-Wheat Bread Toast—Make the bread for toast in this way: One pint milk, two tablespoonfuls granulated sugar, one teaspoon salt, one-half ounce yeast. Set the yeast to rise mixed with one-half cup of tepid water and the sugar. Scald the milk, and when it is cool enough add the yeast, salt and flour; make as stiff a sponge as you can beat with a wooden spoon, probably about five cups of flour. Let it rise to a little more than double its bulk. Then add as much more flour as you can work in by cutting with a knife. This bread does not require kneading, but should be handled lightly. Now put it into pans, kneading it a very little; let it rise once more, then bake more slowly than you do ordinary bread—about forty minutes; therefore do not let it get quite so light. From this bread (grown stale) make thin slices of toast, butter slightly and pour codfish in cream over.

Shredded Cereal Coffee — Make according to directions on package and serve with hot milk.

Chicken Custard—Scald together one cup of strong chicken stock and one cup of cream. Pour it over the well-beaten yolks of three eggs and cook in a double boiler until slightly thickened. Add one-quarter teaspoon salt and serve cool in custard cups.

Racahout des Arabes—One-half pound best French chocolate, one pound rice flour, one-fourth pound arrowroot, one-half pound loaf sugar sifted. These materials are to be thoroughly rubbed and mixed together. A dessertspoonful of this mixture should be slightly wet with milk or water, then stirred into one pint of boiling milk and boiled for five minutes. This is excellent food for invalids or convalescents. Serve hot as a beverage. The amounts given in this recipe will make enough to last a long time.

Broiled Steak—Turn your steak every ten seconds while broiling, as the juices rise to the top and run off and are lost if the steak is not turned very often. If steak one inch thick is broiled for eight minutes it will be very rare; if for twelve minutes, it will be rare; if for fifteen minutes it will be well done.

Celery with White Sauce—Scrape clean and cut the celery into inch pieces. Cook in boiling salted water half an hour, or until tender. Drain and mix with white sauce. Celery is particularly good for nervous or rheumatic people.

White Sauce—One pint milk, two tablespoonfuls butter, two heaping tablespoonfuls flour, one-half teaspoonful salt, one-half saltspoonful pepper. Heat the milk over hot water. Put the butter in a granite saucepan and stir until it melts and bubbles. Add the dry flour and stir quickly until well mixed. Pour on one-third of the milk. Let it boil and stir well as it thickens.

Add another third of the milk. Let it boil up, and thicken and stir vigorously until perfectly smooth. Be sure all the lumps are rubbed out while in this thick state. Then add the remainder of the milk; let it boil, and, when smooth, add the salt and pepper.

Orange Sherbet—Two and a half cups water, one and a half cups sugar, juice of five oranges, juice of one lemon; boil the sugar and water together for about twenty-five minutes; when cool add fruit juice and freeze; serve in small glass cups.

After-Dinner Coffee—Use the cereal coffee, using double the amount of coffee that you do for breakfast coffee.

Anonymous.

THURSDAY, JULY THE TWENTY-SECOND.

BREAKFAST.

Dr. Martin's breakfast food.
Grape marmalade.
Hot buttered toast. Deviled beef.
Coffee.

LUNCHEON.

Salmon salad. Bread and butter.
Easy sponge cake. Iced tea.
Cantaloupe.

DINNER.

Chicken curry with rice.
Baked sweet potatoes. Sliced tomatoes.
Blackberry charlotte.
Chocolate.

Dr. Martin's breakfast food makes a delicious porridge; directions for making on package, and to be served with cream and sugar.

Grape Marmalade—At this season there is so much fresh fruit on hand that the housekeeper will find herself with "left-overs." About the most satisfactory way of using up a small quantity of fruit is to make it into marmalade. Take the grapes which have dropped from the bunches and take the seeds out; then weigh or measure, and allow measure for measure of fruit and sugar. Place all together in a preserving kettle and boil slowly twenty-five minutes; then add the juice of one lemon to every quart or pound of fruit. Set away in marmalade or jelly glasses and serve very cold. Place in ice box the night before.

Deviled Beef—Take slices of cold roast beef, rub with a little

mustard if liked, lay them on broiler; broil over hot coals. Serve on a hot dish, with little lumps of butter on each slice. Sprinkle salt and pepper over all.

Cantaloupe Melons — These should be cut in half and the seeds removed before sending to the table. A tablespoonful of strained honey in each half is very nice.

Easy Sponge Cake—Three eggs beaten one minute, one and one-half cups sugar beaten with egg for five minutes; add one cup flour and beat one minute; one-half cup of cold water, and another cup of flour in which has been mixed one teaspoonful of baking powder; beat all together one minute. Bake in a slow oven.

Chicken Curry—Boil a chicken with great care, skimming constantly and keeping covered with water. When tender, take out the chicken and remove the bones. Put a large lump of butter into a spider, dredge the chicken meat well with flour, and lay in the hot spider; fry a nice light brown; keep hot and dry. Do not allow it to get hard. Take a pint of the chicken broth and stir into it two teaspoonfuls of curry powder, two of butter and three of flour, one of salt. Stir till quite smooth; then mix with the broth in pot; when well mixed, simmer five minutes; then add the browned chicken. Serve on large dish, garnished with rice.

Baked Sweet Potatoes—Scrub well with a small brush kept for that purpose. Bake as you would Irish potatoes, only giving them longer time. When ready to serve, place on a hot potato cloth or napkin, crack open each one and place a piece of butter inside.

Blackberry Charlotte—Make a boiled custard with one quart of milk, yolks of six eggs and three-quarters of a cup of sugar; flavor to taste. Line a large glass dish with slices of sponge cake dipped in sweet cream, then a layer of blackberries well sweetened, then another layer of cake and berries as before. When the custard is cold, pour it over the whole; then beat the whites of the eggs to a stiff froth, add one-half cup of sugar, and flavor to taste; heap up on the top and decorate with large berries.

Frances Pearson.

Box 67, Nappanee, Ind.

FRIDAY, JULY THE TWENTY-THIRD.

BREAKFAST.

Cherries au natural.
Cerealine flakes.
Eggs in surtout.
Ojalda. Coffee.

LUNCHEON.

Veal croquettes.
Thin bread and butter.
Stewed currants.
Iced tea.

DINNER.

Baked haddock with sauce.
Mashed potatoes. Creamed carrots.
Cabbage salad.
Dewberries. Angel food.
Coffee.

Cherries au Natural—Arrange a layer of fresh cherry leaves around the edge of a dainty china or glass dish. On this lay cherries (fresh gathered if possible), with stems on them.

Cerealine Flakes—One measure of liquid to each measure of cerealine. Cook half an hour. Water alone can be used for cooking any of the cereals, but most of them are richer and finer flavored when the liquid used is milk and water, mixed in about equal proportions. The quantity of salt that should be used in cooking cereal is largely a matter of individual taste, as some people like considerable and others very little salt in their food. A safe general rule, however, to follow is to add half a teaspoonful of salt to each pint of liquid.

Eggs in Surtout—Boil half a pound of bacon cut in thin slices and fry some bits of bread and butter; put three spoonfuls of cullis into the dish; garnish the rim with fried bread, break some eggs in the middle, cover them with rashers of bacon and do them over a slow fire.

Ojalda—This is a most delicious form of bread to eat with coffee or chocolate. Take two cupfuls of flour, put it on the bread-board and make a hole in the middle of the pile; drop into it the yolk of an egg and a heaping tablespoonful of lard; wet this up with salted water until a stiff paste is formed; work this well, lifting it and throwing it down snappishly onto the board every few minutes until it is a light, smooth dough and full of blisters. Roll this very thin and cut in diamonds and fancy shapes with a pastry cutter, cutting two or three slits through the middle. Fry these a light brown in boiling lard and sift powdered sugar over them. They should be crispy and melting in one's mouth. Nice for luncheon or breakfast.

Baked Haddock with Sauce—Use a haddock or cod weighing about three pounds and remove the flesh from the bones in as large strips as possible, then scrape off the small pieces. The head and skeleton of a fish are at least one-third of the whole weight. Take a solid three-quarters cup of crumbs, using the white part of a stale loaf. Butter a pudding dish and sprinkle with some of the crumbs. To the remainder of the crumbs add

a very little thyme, a half-teaspoonful of salt, a bit of cayenne, an egg and a few drops of onion juice. Add plenty of milk to moisten it. Lay some of the fish in the bottom of the dish, sprinkle with salt and pepper, then a layer of the crumbs, and last the rest of the fish, with a tablespoonful of butter cut in bits. This dish may stand awhile before cooking or be set at once into the oven. When it is done, it should be turned out on to a platter and be garnished if liked. It is an agreeable change from the usual way of baking a fish whole.

The Sauce—For the sauce use the water in which the fish skeleton was simmered. Cook together a tablespoonful each of flour and butter and dilute with the fish stock or milk, if you haven't (as you should) taken the trouble to save the bones, and season.

Creamed Carrots—Carrots are often overlooked as an appetizing and wholesome vegetable. Scrape, but do not peel, two good-sized ones, cut in lengthwise strips and then into cubes. Boil until tender and serve mixed with a white sauce made in the proportion of a tablespoonful each of butter and flour creamed together and cooked with a cup of milk. Season with an even saltspoonful of salt, a dash of pepper.

Cabbage Salad—This salad requires about a pint and a half of chopped cabbage. The cabbage should have the loose leaves removed, the stem cut out, and then be laid in cold water twelve hours. Chop rather fine, pour over and mix with it a boiled dressing. Heat three-quarters of a cup of milk and beat two egg yolks with a fork. Mix with the egg a half-teaspoonful of mustard, one-half teaspoonful of salt, a teaspoonful of granulated gelatine that has been softened in a little cold water, a teaspoonful of sugar and a few grains of cayenne. Cook a tablespoonful of butter and flour together and add half a cup of vinegar. Now cook the milk and egg mixture together like a soft custard and combine with the other part. This dressing, if sealed tight, will keep a long time. When the cabbage and dressing are mixed, fill little individual molds and set away to cool. After-dinner coffee cups, wet in cold water, make good molds. Bits of red beet or half olive put in the bottom of the mold before the cabbage is put in will make a pretty garnish when the salad is turned out. Nannie K. Van Keuren.

No. 412 South Boulevard, Oak Park, Ill.

SATURDAY, JULY THE TWENTY-FOURTH.

BREAKFAST.

Cantaloupe.
Southern pancakes.
Hash omelet.
Coffee.

LUNCHEON.

Lady Washington rolls.
Jellied tongue. Watercresses with French dressing.
Old Virginia chess cakes.
Pineapple preserve.
Milk.

DINNER.

Louisiana gumbo file.
Beefsteak. Lettuce with cooked dressing.
Corn pudding.
"Snap" beans.
Mrs. William G. Carlisle's queen of puddings.
Peaches served whole.

"To be a good cook means the knowledge of all fruits, herbs, balms and spices, and of all that is healing and sweet in groves and savory in meats. It means carefulness, inventiveness, watchfulness, willingness and readiness of appliances. It means the economy of your great-grandmothers and the science of modern chemistry; it means much tasting and no wasting; it means English thoroughness, French art and American hospitality; it means, in fine, that you are to be perfectly and always ladies (loaf givers), and that you are to see that every to-day has something nice to eat. John Ruskin.

Cantaloupe—Half them and place a piece of ice in each.

Southern Pancakes—Beat four eggs and a half a pound of flour together until smooth; melt four ounces of butter and add with one ounce of sugar, a pinch of salt and a pint of milk. Put a spoonful at a time in a greased frying-pan, spread evenly over the surface, turn and serve hot.

Hash Omelet—Stir finely chopped meat (you can use meat left from the day before or scraps of ham) with six well-beaten eggs and fry like an omelet. This makes a nice variation of an every-day dish.

Lady Washington Rolls—It is a tradition in Virginia that these rolls were frequently served to the first President of the United States. Scant a pint of milk and let cool; add a tablespoonful of butter, a small teaspoonful of salt and sugar each; stir until well mixed, sift in two quarts of flour and beat for five minutes; add half a cupful of yeast, cover and set in a warm place over night. Knead, sift in flour to make soft dough, work well, put back in the bread-pan and keep warm for an hour; work down, make out in little rolls, put in a greased pan, stand in a very warm place for fifteen or twenty minutes and bake in a very hot oven.

Jellied Tongue—This is a recipe prepared by Mrs. S. B. Buckner, and was often on her table when her husband was governor of Kentucky. Boil the tongue until tender, so that the skin will

pull off readily. Cut in thin slices and arrange in mold, having previously laid slices of lemon on bottom. Cover with jelly made of one box of gelatine dissolved in a cup of cold water. Add one quart of boiling water less a cup, juice of four lemons, two cups of sugar. Strain well. Let stand twelve hours before using.

Watercresses with French Dressing—Wash the cresses carefully and put ice on them. Three tablespoonfuls of oil, one of vinegar, one saltspoonful of salt, one-half a saltspoonful of pepper. Put the salt and pepper in a cup and add one tablespoonful of the oil. When thoroughly mixed add the remainder of the oil and the vinegar. If you like the flavor of onion, grate a little juice into the dressing. The juice is obtained by first peeling the onion and then grating with a coarse grater.

Old Virginia Chess Cakes—This is a cake our grandmothers and grandfathers loved, but which is rarely seen now. A pint of flour mixed with a large spoonful of lard, a pinch of salt; make up with ice water. This crust is baked in small pans in a quick oven and then filled with the following: Three eggs beaten thick with sugar, quarter-teacup of butter, half-teacup of milk, turned with a teaspoonful of vinegar, and half a nutmeg. Put back in the oven until brown on top.

Pineapple Preserve—To every pound of fruit put a pound of sugar. Peel the pineapple in the evening; chop in pieces the size of a small marble; cover with the sugar and let it stand over night. Put on the fire in the morning and let it cook until clear. Do not put any water in it. Add a little lemon juice to flavor when done.

Louisiana Gumbo Filé—Cut a chicken into small pieces; divide at every joint. Dip each piece into thin batter and fry a light brown. Chop potatoes, carrots and other vegetables (no cabbage) very small and fry in same grease. Put in sufficient water for soup and boil until all batter is dissolved and chicken thoroughly tender. About ten minutes before serving add a teaspoonful of filé (which you can buy at any large grocery); if not thick, add more. Let boil up once well and serve with rice cooked dry.

Lettuce with Cooked Dressing — Yolks of three eggs, well beaten, one teaspoonful of salt, one-half saltspoon of cayenne pepper, one tablespoonful of oil or butter, one cup of cream, two-thirds of a cup of vinegar and the juice of two lemons. Stir oil, salt and mustard together; add well-beaten yolks. Beat well and add vinegar, lemon, foamy whites and cream. Put in a farina boiler and stir constantly until thick.

Queen of Puddings—This is a favorite recipe of Mrs. John G. Carlisle. Dissolve one pint of stale bread crumbs in one quart of milk. Beat the yolks of four eggs with one cup of sugar and one-half cup of butter. Stir in the milk with the bread crumbs. Flavor with lemon juice and grated rind. Bake in a deep dish to a light brown or until the custard sets. Cover with the meringue made with the four beaten whites and four tablespoonfuls of sugar. Set in the oven for a few minutes. A dainty addition is to spread jelly

or jam over the top of the pudding before covering with the meringue.

Peaches Served Whole—Pick out the nicest and put on a dish with some green leaves and some ice. Send around powdered sugar with the fruit, as many people like to dip peaches in it after paring and quartering them. Mrs. S. M. Hardy.
No. 701 West Chestnut Street, Louisville, Ky.

SUNDAY, JULY THE TWENTY-FIFTH.

BREAKFAST.

Minced beef on toast. Apple sauce.
Waffles.
Home-made sirup. Coffee.

LUNCHEON.

Brown-bread sandwiches.
Sliced cucumbers. Huckleberry cake.
Iced buttermilk.

DINNER.

Calf's head and tomatoes.
New potatoes. Creamed cabbage.
Sea-moss blancmange.
Sponge cake. Lemonade.

Apple Sauce—There is apple sauce and apple sauce. To have it fresh and sprightly pare, quarter and slice thinly as rapidly as possible good, mellow apples—just now the Benoni answers that description—cover at once with boiling water and boil rapidly until soft—no longer; sweeten lightly at this point with about two tablespoonfuls sugar to one pint of sauce. After six days of berries this is an agreeable change on the seventh.

Brown-Bread Sandwiches—Cut the bread in thin slices and spread with the following mixture: One teacup of any remnants of fish, flesh or fowl, chopped very fine. If not already salted add half-teaspoonful salt and two or three dashes pepper. Should there be any salad dressing available use it to soften the meat, otherwise mix it with two tablespoons melted butter, one of cream, either sweet or sour, one-half teaspoon lemon juice, or one of good vinegar, and one teaspoon made mustard. Serve the buttermilk cold from the ice, not the ice in the milk.

Calf's Head with the Skin On—Have the butcher saw the head in halves lengthwise through the skull. Take out the brains and soak in cold water for one hour. Remove the eyes and teeth. Wash the head well and soak in cold water one hour; then scald the nasal and throat passages. Wash again in cold water,

put it over the fire in boiling water to nearly cover it, with one bay leaf, one onion, one stalk of celery or one-half teaspoon of celery seed, three whole cloves and one teaspoon salt. Simmer gently until tender—about three hours—skimming carefully at the first boil. Remove the fiber from the brains, put them in a saucepan, cover with boiling water, add one-half teaspoon salt, and simmer for fifteen minutes, take out, cut with a silver knife into small pieces and stand aside until wanted. When the head is done take it from the water, remove the tongue, skin it and cut it in slices. Skin the head; cut the meat from it into nice pieces; put them with the tongue and brains in the center of a heated meat dish and keep warm while preparing sauce. Put one tablespoonful butter in a saucepan to brown; add to it two even tablespoons flour; mix smooth; then add one pint of the liquor in which the head was boiled; stir constantly until it boils, then add a tablespoonful mushroom catchup, one of Worcestershire sauce, one saltspoon of salt and two dashes of cayenne. Simmer the whole one minute. Place the fried tomatoes around the head, pour the sauce over the whole and serve, and you will think yourself well paid for the trouble.

Fried Tomatoes—Cut six smooth, solid tomatoes into slices about one-eighth of an inch thick. Dry each slice carefully, then dust thoroughly with salt and pepper. Beat an egg in a saucer until light, add to it a tablespoon of boiling water. Dip each slice first in this, then in bread crumbs. Put two or three tablespoons of lard in a frying pan; when very hot cover the bottom with the slices of tomatoes, fry brown on one side, then turn and brown the other. Take up carefully with a cake turner.

Creamed Cabbage—Chop fine as for cold slaw one small cabbage, cover with perfectly boiling water, add soda size of a pea, boil ten or fifteen minutes, drain off the water. Draw the cabbage to one side of the kettle, melt in the space one tablespoon butter, add one tablespoon flour, mix until smooth; then stir in a cup of milk and when it all boils add a small teaspoon salt. A most delicate way of preparing this vegetable.

Sea-Moss Blancmange—The genuine sea moss must be procured at a druggist's. Wash a handful of the moss in several waters to remove all the grit. Throw it in a quart of milk that has been brought to the boiling point. Put the whole in a double boiler and stir until enough of the sea moss has been absorbed by the milk to make it thick, which can be determined by trying a little in a cold dish. Add a pinch of salt and any flavoring that is liked. Strain into molds and serve very cold with sugar and cream. The exact time cannot be given for the cooking, as the gelatinous substance in the moss varies. Fifteen or twenty minutes is usually enough. The sea moss gives a peculiarly dainty flavor and quality to the blancmange not obtained by any substitute.

Sponge Cake—Beat well the yolks of nine eggs; add fourteen ounces powdered sugar and beat until very, very light. Upon this beating depends the excellence of the cake. Add the juice

and grated yellow of one lemon. Then stir in alternately, a little at a time, very carefully, the stiffly beaten whites of the eggs and five and one-half ounces of flour. Stir only enough to get it well mixed and bake at once in pan ten or twelve inches square, in a moderate oven, forty minutes. Sponge cake is toughened by baking too rapidly. Mark off in squares with a knife and break instead of cutting. Mrs. Mary S. Peebles.

Cobden, Ill.

MONDAY, JULY THE TWENTY-SIXTH.

BREAKFAST.

Blackberries.
Barley with cream and sugar.
Broiled salt mackerel. Peculiars.
Coffee.

LUNCHEON.

Calf's head-cheese. Sliced cucumbers.
Bread and butter.
Fig cake. Iced tea.

DINNER.

Cabbage and milk soup.
Parmesan cutlets. Boiled potatoes.
Corn on the cob.
Blackberry pudding.

Barley—Steam for four hours the day before in a double boiler one cupful of pearl barley with one quart of water and three-quarters of a teaspoonful of salt. In the morning add one cupful of boiling water; stir thoroughly, reheat and serve.

Peculiars—Two cups of flour, one teaspoonful baking powder, one-half teaspoonful salt, one egg, one pint sweet milk. Sift flour, baking powder and salt together, beat white and yolk of egg separately and add after thoroughly beating the sifted ingredients with milk. Bake in gem pans in a quick oven.

Calf's Head-Cheese—Clean a calf's head and boil in water enough to cover it until the meat leaves the bone; take with a skimmer into a wooden bowl; remove every particle of bone; chop small. Season with one level tablespoonful salt and one teaspoonful pepper. To the liquor that remains in the pot, which should be about one cupful, add one-half package gelatine dissolved in one-half cup of boiling water. Mix all together. Prepare a round stone dish by rinsing in cold water without wiping. Slice a hard-boiled egg, lay in bottom of dish alternately with sprigs of parsley. Press meat in tightly, cover with cloth and

lay on a heavy weight. Set on ice. Must be made early in the morning. Turn out on platter, egg side up. Enough for two meals. This may be made from the calf's head left the previous day.

Fig Cake—Three eggs, one cup of sugar, two-thirds cup of butter, three-quarters cup of milk, two and one-half cups of flour, one teaspoonful baking powder, one-eighth of a teaspoonful grated nutmeg, one teaspoonful vanilla. Work sugar and butter to a cream, add eggs beaten separately, then milk and flavoring. Beat in the two cups of flour thoroughly. Mix baking powder with remaining flour and add, beating slightly. Bake in four layers. Filling: One pound of figs, one and one-half cups granulated sugar, five tablespoonfuls of water, the white of one egg. Chop figs to a pulp. Boil sugar and water together until when taking a little out in a dish and beating it briskly it has the consistency of confectioners' sugar and water mixed. Remove from stove, add the fig pulp and white of egg beaten stiffly; place between layers immediately. Enough for two meals.

Cabbage and Milk Soup—One large white-heart cabbage, two quarts boiling water, three pints boiling milk, one-quarter of a pound of butter (two heaping tablespoonfuls), one teaspoonful of salt, one tablespoonful of flour, one-quarter teaspoonful pepper. Remove outside leaves of cabbage, cut in quarters, put into the boiling water, boil for one-half hour. Take one-half of the water—leaving cabbage to be used for hot slaw the next day—add the boiling milk, salt and pepper. Cook the flour and butter in a skillet until smooth, add some of the soup and then stir all together. Let cook five minutes and serve with croutons.

Parmesan Cutlets—Two pounds of veal cutlets, one-half cup of dry bread crumbs, one-half cup of Parmesan cheese grated (any ordinary cheese may be used), one-half cup melted butter, one-half teaspoonful salt, one-quarter teaspoonful pepper, two beaten eggs. Dip cutlets in the melted butter, dust with the cheese and bread crumbs mixed; pour gently the beaten egg into which the salt and pepper has been mixed on both sides of cutlet, dust again with the bread and cheese crumbs and fry a delicate brown.

Sauce—One-half pound macaroni, one heaping tablespoonful of butter, one cupful of strained tomato sauce, one tablespoonful grated cheese, one-half teaspoonful salt, one tablespoonful of cornstarch. Cover macaroni with water and boil until it can be pierced with a straw. Boil one and one-half cups of tomatoes and rub through a sieve. Moisten cornstarch with two tablespoonfuls of tomato sauce and add to the main quantity. Stir in the salt, add the macaroni broken in inch lengths and the cheese crumbs.

Blackberry Pudding—One egg, one cup sugar, one cup of sweet milk, one-half cup of butter, one-half cup of lard, two cups of sifted flour, one-quarter spoonful of salt, two teaspoonfuls of baking powder, one pint of blackberries. Beat sugar, butter and lard to a cream; add beaten egg, milk and flour sifted with salt

and baking powder. Dredge berries in flour, use no juice and add. Place in pudding molds; steam two hours.

Sauce—One cup sugar, one tablespoonful butter, one teaspoonful flour, one cupful of boiling water. Mix butter and sugar, add flour, pour on the boiling water and cook until it foams.

Florence Beckett.

Western Springs, Ill.

TUESDAY, JULY THE TWENTY-SEVENTH.

BREAKFAST.

Iced melon.
Eggs au lit. Hominy croquettes.
Crumpets. Coffee.

LUNCHEON.

Tomato salad. Crackers.
Ramakins. Baked apple jelly.
Iced tea.

DINNER.

Corn soup.
Fricasseed chicken. Potatoes a l'Italienne.
Celery salad.
Peach leche cream. Coffee.

Eggs au Lit—Mince two cupfuls of cold fowl or veal and ham in equal quantities, very fine, and rub in a Wedgewood mortar. Add by degrees one tablespoonful butter, one-half teaspoonful salt, half as much pepper, one tablespoonful parsley and two beaten eggs. Warm in a frying-pan when it is well mixed, stirring in a little warm water should it dry too fast. Cook five minutes, stirring to keep it from scorching. Form on a hot platter into a mound, with a ridge of the mixture running all around. Lay in the depression thus formed five poached eggs. Arrange triangles of buttered toast in such order at the base of the mound that they will form a pointed wall against it.

Hominy Croquettes—To a cupful of small-grained salted boiled hominy add a tablespoonful melted butter and stir hard, moistening by degrees with a half teacupful of milk. Put in a teaspoonful of sugar and a well-beaten egg. Roll into oval balls with floured hands, dip in beaten egg, then cracker crumbs and fry in hot lard.

Crumpets—Three cupfuls warm milk, half cup yeast, two tablespoonfuls melted butter, one saltspoonful salt and the same of soda. Flour to make a good batter. Set these ingredients as a

sponge, leaving out the butter and soda. In the morning beat in the melted butter and the soda dissolved in a little water, and a half cupful sifted flour. Fill patty-pans or muffin-rings with the mixture. Let them stand fifteen minutes and bake.

Ramakins—Beat together two eggs, one tablespoonful melted butter, one teaspoonful anchovy sauce, one-half saltspoonful salt and half as much cayenne; then add three tablespoonfuls grated cheese and lastly one tablespoonful flour wet with cream. Spread thickly upon rounds of lightly toasted bread and brown lightly.

Baked Apple Jelly—Fill a two-quart granite or earthen dish with alternate layers of sliced tart apples and sugar. Bake three hours, closely covered. This is delicious, and should turn out a solid pink jelly.

Peach Leche Cream—Twelve peaches pared and sliced, three eggs and the whites of two more, one-half cup powdered sugar, two tablespoonfuls cornstarch, wet in cold milk, one tablespoonful melted butter and one pint of milk. Scald the milk, stir in the cornstarch, and when it begins to thicken take from the fire and stir in the butter. When luke-warm whip in the beaten yolks till all are very light. Put the peaches into a dish, strew the sugar over them, then pour over the creamy compound. Bake in a quick oven ten minutes and spread with a meringue made of the five whites beaten stiff, with four tablespoonfuls of powdered sugar. Place in the oven till this is firm. Eat cold with cream.

Mrs. L. T. Hunter.

Warren, O.

WEDNESDAY, JULY THE TWENTY-EIGHTH.

BREAKFAST.

Blackberries, sugar and cream.
Fried bluefish. Cornmeal muffins.
Coffee.

LUNCHEON.

Corn beef salad, cream dressing.
Cold sliced bread.
Cold tea.
Cherry blanc-mange.

DINNER.

Soup, cream of beets.
Broiled lamb chops. Green peas.
New potatoes.
Currant paste.

Fried Bluefish—Clean, wipe dry inside and out; sprinkle well with flour and season each with a good pinch of salt. Fry in hot butter or sweet lard. Have the fat deep enough in the skillet so the fish will not stick to the bottom while cooking. The moment the fish are cooked a golden brown take them up and drain in a hot strainer. Garnish with parsley and serve in a well-heated dish.

Cornmeal Muffins—Sift two coffee cups of cornmeal into a bowl and scald well with one cup of boiling water, beating the meal until perfectly smooth. Add one dessertspoonful of lard, one teaspoonful of salt, one tablespoonful of white sugar, one pint of cold milk and two well-beaten eggs. Mix and beat all into a smooth batter, putting in the eggs last. Then sift with two tablespoonfuls of wheat flour, two teaspoonfuls of baking powder and beat well into the batter. Have muffin pans greased and heated; half fill each compartment and bake in a good oven from thirty to thirty-five minutes.

Corn Beef Salad—Boil your beef the day before—select a lean piece—in enough cold water to cover it. Do not let it boil hard, but come gradually to the boiling point; then cook slowly until perfectly tender. Pull out the bones, place it in a dish, cover with a large plate, in which place an iron to press the meat, and so let it remain until the beef is cold. Cut one pound of it into half-inch pieces; what remains will make delicious hash for the following day (baked hash). Remove most of the fat, if there is any. Then make the—

Cream Dressing—Two eggs, three tablespoonfuls of vinegar, one of rich cream, one-quarter teaspoonful of salt, one-quarter teaspoon of mustard, a sprinkle of cayenne pepper. Beat eggs well, add the salt, mustard, then the vinegar and cream. Place the bowl with this mixture in a basin of boiling water on the stove and stir until about the thickness of rich cream. Cool, and when cold mix part with the chopped meat. Just before time to serve have a head of nice lettuce well washed and dried in a cloth. Place the larger leaves on a platter, mix the small ones with the meat, and over all pour the remainder of the salad dressing.

Cherry Blanc-Mange—One quart sour Merilla cherries; wash in cold water and seed; place in the fire with half a teacup of cold water and stew until tender; add a teacupful of white sugar, a teaspoon of butter and two tablespoons of cornstarch which have been perfectly dissolved in four tablespoons of cold water. Stir gently until cornstarch is cooked (from five to eight minutes), then pour into a dish or mold to cool. Eat with cream.

Cream of Beet Soup—Four bunches of blood beets; pare, then grate and strain through a cloth. Put on the fire and let scald. Let one pint of milk come to a boil and add it to the hot juice; one saltspoon of salt; cream; two tablespoons of sifted flour with two of butter and stir them slowly into the soup and continue stirring until the mixture is thick as a rich cream. Add a sprinkle of black or red pepper as preferred.

Broiled Lamb Chops—Put the chops in a double broiler and broil over or before the fire for eight or ten minutes. Serve in a hot dish with one-quarter teaspoonful of butter and a small pinch of salt for each chop after they are cooked. The fire for chops should not be as hot as for steak. Turn several times while cooking.

Peas—Peas should be cooked in boiling, fresh water, enough to cover them well, and not be dished until perfectly tender. It is impossible to give an exact time for cooking, as the younger and more freshly gathered the more quickly they will cook; from forty minutes to an hour and a half will be needed, according to size and freshness. When tender drain off all the water, add one-half teaspoonful of salt and a tablespoonful of melted butter to a pint of peas and serve in hot-covered dish.

New Potatoes—Scrape and lay in cold water ten minutes; cover with boiling water and let boil fifteen minutes; then add the salt (to one quart of water half a tablespoonful of salt) and let boil hard fifteen minutes longer. When cooked pour off every drop of water; take off the cover of sauce-pan and shake the potatoes for a moment in a current of cold air; then place on back of stove and cover with a clean, coarse towel until ready to dish.

Currant Paste—Get perfectly ripe red currants; stem, wash in cold water, drain and place in kettle on the back of the stove, mashing so as to start the juice. When the juice flows freely let it come to a boil and strain through a fine sieve or cloth. To one pint of juice add one pound of white sugar and an inch of stick cinnamon, and when it again comes to a boil remove the cinnamon and thicken with three full tablespoonfuls of rice flour which has been dissolved in three tablespoonfuls of cold water. Stir constantly until the flour is cooked (about ten minutes), then take off the stove and pour into a dish which has been rinsed with cold water. When cold put in the ice-box. Eat with cream. This is a Danish dessert. Mrs. Thomas Turtle.

No. 2815 Q Street, Washington, D. C.

THURSDAY, JULY THE TWENTY-NINTH.

BREAKFAST.

Watermelon.
Corn griddle cakes. Buttered toast.
Coffee. Radishes.

LUNCHEON.

Thin slices of cold corned beef.
Sliced tomatoes. Crackers. Cheese.
Junket. Iced tea.

DINNER.

Broiled beefsteak. Scalloped potatoes.
Stewed okra. Cucumber salad.
Orange meringue pudding.
After dinner coffee.

Broiled Beefsteak—Select a steak of medium thickness, weighing about two pounds. Wipe and broil quickly over coals; take up on hot platter, dot with small pieces of butter, season with salt and pepper and garnish with parsley.

Junket—Warm one pint milk until tepid, add two tablespoonfuls sugar and one teaspoonful vanilla. When dissolved stir in gently two teaspoonfuls rennet. Turn into the serving dish, let it stand ten minutes, then place carefully in a cold place. Serve very cold with or without sugar and cream.

Junket is quite solid when ready for use, which will be in a couple of hours if left in a cold place. Rennet costs but little and makes a delicate dessert.

Stewed Okra—Wash one pint young green okra, cut in pieces crosswise, place in a granite stewpan, cover with salted boiling water and let it simmer gently for half an hour. Add two large tomatoes that have been peeled and chopped and stew ten minutes longer. Add tablespoonful butter, one-fourth teaspoon pepper and more salt if needed. This is a very nutritious dish.

Cucumber Salad—Peel three medium-sized cucumbers, cut them into halves lengthwise, taking out the seeds. Place them in cold water for an hour. When ready to serve peel three small tomatoes and chop coarsely. Chop also one pint watercress and mix with the tomatoes. Add a few drops onion juice, one-half to three-fourths teaspoon salt and a dash of cayenne pepper. Dry the cucumbers, fill them with the mixture and lay on lettuce leaves. Squeeze over the filling the juice of one lemon and tablespoonful of olive oil and serve at once.

Orange Meringue Pudding—One quart milk, one teaspoonful butter; three eggs, two tablespoonfuls cornstarch, one pinch of salt, one-half cupful of sugar and six oranges. Beat the yolks of the eggs light. Wet the cornstarch in a half cupful of the milk, place the remainder on the fire in a double boiler, and when it boils stir in the cornstarch. Cook ten minutes, add butter and salt. Take from the fire and stir in the yolks and sugar. Peel, seed and quarter the oranges, lay in a baking dish, add a sprinkling of sugar and pour over the custard. Bake in a hot oven twenty minutes. Beat whites of eggs stiff, and add two tablespoonfuls of sugar, spread over pudding, sprinkle a little sugar on top and brown quickly. Eat cold with whipped cream or a sauce made of sweetened and flavored milk.

Mrs. A. M. Landis

No. 1115 North Clark Street, Chicago.

FRIDAY, JULY THE THIRTIETH.

BREAKFAST.

Iced currants.
Wheatflakes, sugar and cream.
Eggs à la Goldenrod.
Radishes. Coffee.

LUNCHEON.

Beefsteak hash. Baked tomatoes.
Brown bread and butter.
Pineapple compote. Cocoa or tea.

DINNER.

Cream of lima bean soup.
Halibut—Maître d'Hôtel.
Potato snow. Young beets.
Raspberries with Denvonshire cream.

Cream of Lima Bean Soup—Soak one cup dried lima beans from the morning until noon; drain and add three pints of cold water. Boil the beans slowly for three hours.

Mash the beans on the side of the saucepan with a tablespoon and then strain all through a sieve. Cut two slices of onion, and four slices of carrot into small cubes; cook in two tablespoonfuls of butter until yellow, add one cup of milk, one tablespoon butter, one teaspoon of salt, one-half saltspoon pepper and two tablespoonfuls of flour mixed with four tablespoonfuls of milk or water. When this is hot, stir it into the boiling soup. Strain and serve.

Halibut-Maître d'Hôtel—Cut two pounds of halibut into pieces three inches square. Dip each in a beaten egg, then in sifted bread crumbs. Fry in boiling lard till a rich brown. Rub a heaping teaspoon of butter to a cream, add the juice of half a lemon, half a tablespoon of chopped parsley, one saltspoon of salt and a half saltspoon of pepper, mix and spread on the hot squares of halibut, set in the oven just long enough to melt, then serve.

Beets—Brush and scrub well, but do not cut, half a dozen young, fresh beets. Lay in boiling water and boil rapidly for an hour. Plunge into cold water and slip the skins off by hand. Cut in eighths lengthwise and pour over a sauce made with two tablespoons butter, juice of the half lemon left from the fish sauce, one-half teaspoon salt, two dashes cayenne pepper. Boil up once and pour hot over the beets just before they go to the table.

Raspberries and Cream—Get two boxes of fresh red raspberries and fill five individual glass dessert dishes with them.

Sprinkle each with a tablespoon of powdered sugar and lay a large tablespoon of Devonshire cream in the center of each.

Devonshire Cream—Stand a quart of good, fresh milk on the ice for twelve hours, or in winter for twenty-four hours, then set it on the stove till almost at the boiling point. It must not bubble, but should show wrinkles and look thick. The more slowly it is done the firmer it will be. Place it again on the ice. On the following day skim it by folding over and over in small rolls and set in the ice box till wanted.

Miss Marian Cotton.

No. 6407 St. Lawrence Ave., Chicago.

SATURDAY, JULY THE THIRTY-FIRST.

BREAKFAST.

Peaches, with cream.
Lamb chops. Rice Muffins.
Honey. Coffee.

LUNCHEON.

Bread and butter.
Fish salad. Thin biscuits.
Sweet pickled apples. Tea.

DINNER.

Boneless birds. Brown sauce.
Mashed potatoes. Cauliflower in ambush.
Lemon honey. Coffee, with whipped cream.

Lamb Chops—These may either be broiled or fried. If fried, the spider must be hissing hot. Drop a small lump of butter in the pan, turning so the whole surface will be slightly greased, then put in the chops, cook quickly over a hot fire till brown on both sides, sprinkle with salt, remove to the back of the stove, cover closely and let stand a minute or two. Dish up on a hot platter and have the plates hot also.

Fish Salad—Make a custard of the yolk of four eggs and a generous half pint of milk. When it is cold mix into it one teaspoonful dry mustard, three to four tablespoonfuls vinegar, a dash of cayenne pepper and salt to taste. In this sauce mix a large soup plate full of cold, flaked fish and three ounces of macaroni, cut in inch pieces, and boiled till tender. It will be nicer if permitted to stand for a couple of hours before serving.

Thin Biscuits—One pint flour, one wine glass milk, one tablespoonful butter, one egg. Beat the egg till light, and pour it on the flour, then add the milk, and lastly the butter, melted. Work it well, then break off small pieces, the size of a marble, roll

out thin as a wafer, sprinkling with dry flour as you roll them, which will make them crisp. Prick each one with a fork and bake in a quick oven.

Sweet Pickled Apples—Make a sirup of one cup of vinegar and two of sugar. Add a few small pieces of whole cinnamon and some cloves. Pare and core sweet apples; drop them in the sirup and let them cook till tender. Put in a jar and pour the sirup over them. They are ready to eat as soon as cold and will keep for any length of time.

Boneless Birds—Take two pounds of veal cutlet, cut in thin slices. Salt and pepper these; then place on each piece a bit of butter and a few sprigs of parsley. Roll up and tie. Brown a generous lump of butter in your saucepan, put in the rolls and let them get nicely browned on all sides; then add a cup of hot water and a bay-leaf, cover closely and place where they will stew gently for an hour. Then take up, take off the strings and arrange on a hot platter and pour over them the following:

Brown Sauce—To the stock left in the saucepan add a dash of cayenne pepper, a pinch of salt, a tablespoonful of finely minced pickles. Thicken with flour made smooth in water.

Cauliflower in Ambush—Part a medium-sized head in small pieces. Cook till tender. Boil a pint of milk, add three well-beaten eggs, cook till it thickens, season with a teaspoonful of salt and saltspoonful of pepper and a small tablespoonful of butter, and add the cauliflower. Have ready muffins left from breakfast. Cut in halves, scoop out the inside, heat in oven. Fill them with the cauliflower, put on tops and serve.

Lemon Honey—Stir the whites of two eggs and the yolks of three into one-half pound of granulated sugar, add juice of two lemons and grated rind of one, and a tablespoonful butter. Cook over a slow fire, stirring constantly, till thick and clear like honey; then pour into custard cups, which have had cold water in them, and set in the ice-box to cool. Mrs. W. H. Zeller.

No. 8828 Buffalo Avenue, Chicago.

SUNDAY, AUGUST THE FIRST.

BREAKFAST.

Shredded wheat.
Rice omelet. Fried new potatoes.
Stewed red plums. Parker house rolls.
Coffee.

LUNCHEON.

Cold meat. Cucumber catchup.
Macedoine salad. Bread and butter.
Warm apple pie. Tea.

DINNER.

Corn soup.
Breast of lamb with tomato sauce.
Boiled potatoes. Fried new beets.
Blackberry sponge. Coffee.

Shredded Wheat Biscuits—Should be heated in oven and served with butter and sirup or sugar and cream.

Parker House Rolls (unfermented)—One quart sifted flour, three teaspoonfuls baking powder, one tablespoonful cold butter, one-half teaspoonful salt, one of sugar and well-beaten egg. Rub well into flour, add pint cold milk, roll into smooth dough half-inch thick. Cut, with biscuit-cutter, spread with soft butter. Fold one-half of each over the other and lay on greased tins. Rub sweet milk over top and bake in hot oven.

Cucumber Catchup—Grate one dozen cucumbers, add two chopped onions, one-fourth pint salt and drain on sieve over night. Then add one-third cup mustard seed, one teaspoonful pepper and cover with cider vinegar. Enough for several days. This may be made in any quantity and will keep perfectly.

Macedoine Salad—Take an even quantity of cold cooked vegetables—peas, beans, beets and potatoes cut fine. Add a little minced onion, cover with salad dressing, mix lightly, and serve very cold, garnished with bits of pickled beets and celery tops.

Apple Pie (excellent)—For crust take one large cup flour, into which sift one-fourth teaspoonful each of salt and baking powder, rub in scant half-cup lard. Mix with ice water, cutting it into dough with a knife. Pare as many Astrachan apples as can be put in the pie, cut in small pieces, add five or six tablespoonfuls sugar, one level tablespoonful sifted flour, one of water and bits of butter. Stir all together, season with cinnamon or nutmeg. Bake pie forty minutes.

Breast of Lamb with Tomatoes—Wipe lamb with wet cloth, cut out bones, season with a teaspoonful of salt and a quarter teaspoonful of pepper. Put on inside lamb a layer of bread crumbs mixed with one egg, tablespoonful butter, even teaspoonful salt, quarter saltspoonful of pepper. Roll lamb and tie; put in a saucepan with bones and brown over hot fire; dredge a tablespoonful of flour over meat and brown; then add a quart of tomatoes, peeled and sliced. Season them with salt and pepper, add enough boiling water to make tomato sauce the consistency of gravy. Cook lamb slowly one hour.

Fried Beets—Wash without breaking skin, boil tender, slice and fry in butter; season with salt and pepper.

Blackberry Sponge—Soak one-half box gelatine in one-third cup cold water half an hour. Add one pint boiling water, one-half cup sugar, one cup blackberry juice. Heat; then strain into a tin basin set in pan of cracked ice. Let stand till cold and thick; add well-beaten whites of four eggs; beat smooth and turn into mold to harden. Serve with cream or not. Florence Howe.

Wauseon, Ohio.

MONDAY, AUGUST THE SECOND.

BREAKFAST.

Wheatall with rich milk.
Corned beef hash. Green apple sauce.
Graham biscuit. Coffee.

LUNCHEON.

Potato salad with cold fish.
Thin bread and butter.
Warm soft gingerbread. Buttermilk.

DINNER.

Giblet soup.
Broiled beefsteak.
Mashed potatoes à la vermicelli. Sliced tomatoes.
Peach dumplings. Coffee.

Corned Beef Hash (Delmonico's recipe)—Take equal quantities of minced corn beef, quite cold, and cold potatoes—baked potatoes not overdone preferred. Mix well; put into hot spider lightly greased. When thoroughly heated, add to each quart of the hash a half-cup of sweet milk, stir lightly; then put in the oven to bake for twenty minutes. It will then have a very light crust on both sides and be very toothsome.

Graham Biscuits—One quart of graham flour, one teaspoonful salt, lard and butter size small egg, two heaping teaspoonfuls baking powder well stirred in the flour. Mix the dough with sweet milk, only stiff enough to roll out. The quicker it is mixed, cut and baked, the better the biscuits.

Potato Salad With Cold Fish—This is an easy and agreeable way to use up remnants of Friday's dinner. Remove the skin from either the whitefish or trout or any other fresh fish; tear it into mouthful morsels. Cut the potatoes into dice; mince one small onion very fine, add cold boiled peas, string beans, cauliflower, carrots or beets or any remnants of vegetables you may have. Serve on platter covered with lettuce leaves, with French or mayonnaise dressing.

Warm Soft Gingerbread—Melt butter size of an egg and stir into one cup molasses made quite warm; add also one tablespoonful ground ginger and one teaspoonful ground cinnamon. When cooler, add two cups of flour twice sifted, and lastly one teaspoonful of soda dissolved in tablespoonful hot water. Bake in loaf form in moderate oven.

Giblet Soup—This soup is a great success and is very inexpensive, a plate of giblets only costing at market 5 cents. It is a very good imitation of mock turtle soup. The giblets of four chickens or two turkeys are required, one medium onion, one

carrot, half a turnip, a few sprigs of parsley, all of which come in the ordinary soup bunch. Heat butter size of egg in stewpan, throw in the sliced onion, later the minced carrot and turnip; when tender and a light brown, add the giblets, stirring in a tablespoonful of flour. Be careful to stir often that they do not burn. Now cut up giblets and put with vegetables into soup kettle with tablespoonful of salt, teaspooonful of pepper and three quarts of water, or stock in part, if you have it, or any chicken bones. Let this simmer slowly for three hours or more; then strain it. Take all the livers, mash into them a tablespoonful of melted butter, tablespoonful browned flour; squeeze the juice of small lemon into this and add to the soup. Place in tureen yolks of three hard-boiled eggs cut in half-dozen pieces, pour over the soup; serve. This recipe came from the New York Cooking school.

Peach Dumplings—Make quite a rich biscuit dough; cut into small squares. Pare peaches and cut in half; extract the seed, put sugar in its place and cover with the other half. Put a peach on each square, with a little sugar on top. Pinch edges of dough carefully together; bake half an hour in moderate oven. Serve hot or cold with plain cream. Miss L. Torbert.

No. 2552 Prairie Avenue, Chicago.

TUESDAY, AUGUST THE THIRD.

BREAKFAST.

Sugared blackberries.
Hamburg steaks. Potato finger puffs.
Velvet cakes. Coffee.

LUNCHEON.

Tomato omelet.
Thinly sliced bread and butter.
Lemon ice. Feather cake.

DINNER.

Summer soup.
Beef pie with potato crust.
Corn fritters. Cold slaw.
Apple and tapioca pudding.
Coffee.

Sugared Blackberries—Fruit is more acceptable on a hot summer morning than cereals, so let us begin our breakfast with the luscious, ripe berries, which have remained on ice until they are as cold as the north pole. Place a quart of these in a glass bowl, which you have polished until it sparkles like dewdrops

kissed by the morning sun. Sprinkle with pulverized sugar each layer, using about one teacup. The top layer should be sugar. Serve in berry saucers, with cream, or not, as desired.

Potato Finger Puffs—Pare four potatoes and boil until soft. Mash with a tablespoonful of butter and season with a half-teaspoonful of salt and a quarter of a teaspoonful of pepper. When cold, add one egg and beat well. With floured hands mold into finger puffs and fry to a light brown in hot fat. Serve in a hot dish.

Velvet Cakes—To one well-beaten egg, add one tablespoonful o: melted butter, one-half pint of milk, one-half teaspoonful of salt, one-half pint of flour, one teaspoonful of cream of tartar sifted with the flour, one-half teaspoonful of soda dissolved in one spoonful of hot water. Beat, and bake at once on a well-greased griddle.

Tomato Omelet—Take five medium-sized tomatoes, chop finely (after the skin is removed), and put into a saucepan with one finely chopped onion, one teaspoonful butter, one-half teaspoonful salt, one-quarter teaspoonful pepper and one cracker pounded finely; cover tight and let it simmer about an hour. Beat three eggs to a froth and stir into the tomatoes. Beat well together, and pour into a hot, well-greased griddle. Brown on one side, fold and brown on the other. Serve on a hot dish.

Feather Cake—One cup of milk, one cup of sugar, one and one-half cups of flour, one egg, one tablespoonful butter, one teaspoonful cream of tartar, one-half teaspoonful soda, one saltspoonful salt and one-half teaspoonful grated nutmeg. Bake in small tins. When cold, cover with a little icing and sprinkle with grated cocoanut.

Summer Soup—In summer soup should be light and appetizing, as few people desire rich food in any form at this season of the year. Many very excellent soups are made of vegetables, and the housekeeper can have her family partake daily of light, healthful soups at a small cost, which will be more acceptable than the usual meat and fish soups. Peel and slice two potatoes, parboil them in enough hot water to cover them. While they are cooking, chop two tomatoes, slice the corn off two ears of corn, and add one slice of onion, which you have saved from breakfast. Drain the potatoes, and put all on to cook in two quarts of cold water. When done, rub all through a colander, return the soup to the pot, add a level tablespoonful butter, one teaspoonful salt, one-half a one of pepper and one of minced parsley. If not thick enough, moisten a teaspoonful flour with cold water, thin with the soup and stir in; let boil up once, and it is ready for the table.

Beef Pie with Potato Crust—If you have been extravagant the day before and have some of your nice roast left over, and wish to economize to-day, you can take the scraps of this, or any cold meat that would not look inviting served as it is, and make a very wholesome and nutritious dish by the following recipe: Boil five large potatoes in salted water; when done, slice a layer

of them into a baking dish; then place a layer of meat, a sprinkle of salt and pepper, also celery salt; then potatoes and meat, and so on until your dish is full. It will take a teaspoonful of salt, a half one of pepper and a saltspoonful of celery salt. Mash the remainder of your potatoes, which should make about a cupful; add one tablespoonful of butter. When cool, add one well-beaten egg, one cup of milk, one-half teaspoonful salt, and beat all together until very light; then work in enough flour, to which you have added one-half teaspoonful baking powder, to enable you to roll out in a sheet. When you have poured over your meat and potatoes a gravy which you have made from the scraps of fat and bones, place this paste over all, cut a cross slit in the middle and bake. A slice or two of onion improves this pie to those who like the flavor. Lucy Withrow.

Lexington, Rockbridge county, Va.

WEDNESDAY, AUGUST THE FOURTH.

BREAKFAST.

Blueberries.
Codfish balls. Bread sponge muffins.
Coffee.

LUNCHEON.

Fried tomatoes.
Baked potatoes. Fresh graham bread.
Tea (hot or iced.)

DINNER.

Veal cutlets, cream gravy.
Green peas. Mashed potatoes.
Cucumbers.
Green apple governor.

Blueberries—If the morning is warm a little finely pounded ice served in each saucer of berries is very refreshing. Pound ice in a flannel bag with a wooden mallet.

Bread Sponge Muffins—Set sponge as for water bread late the evening before. Allow one pint of warm water for one dozen muffins, to be baked in gem pans, and use one-third cake of compressed yeast and a pinch of salt. Mix sponge a little thicker than for pancakes and beat thoroughly. In the morning dip, without stirring, into greased gem pans and let rise not less than half an hour. Bake brown in hot oven.

If any muffins are left they are much like English muffins if cut in halves and toasted.

By setting sponge for the regular baking at night, and mixing bread before breakfast, the muffins, white and graham bread, can all be baked with the heat of the morning fire.

Fried Tomatoes—Wash six large, firm tomatoes, and cut across in halves without removing skin; sprinkle with flour. Put one teaspoon lard and one of butter in frying pan. When hot place tomatoes in it with cut side down. This prevents juice running out. Cover for ten minutes. Remove cover, sprinkle with one small teaspoonful of salt, a half-saltspoonful of pepper, and fry twenty minutes until both sides are brown, being careful not to burn. Place on platter and cover with a gravy made with one-half pint of milk poured in the frying pan and thickened with a tablespoonful of flour made smooth in a little milk and seasoned with a pinch each of salt and pepper.

Green Apple Governor—Peel and core apples and slice thin. Fill a piepan heaping full of apples without seasoning or crust. Cover with pastry made with kitchen spoonful of shortening, half lard and half butter, cut through two heaping kitchen spoons of flour and mixed lightly together. Use enough iced water to make a dough and roll thin. Bake until apples are tender, lifting crust in order to be sure. When done remove crust and place it top side down on a plate. Let stand until crust and apples are cold. Just before serving add to the apples one teacup of white sugar and stir and mash until smooth. Spread on crust and grate nutmeg over the top. Serve with or without whipped cream.

Emily M. Pryor.

LaGrange, Ill.

THURSDAY, AUGUST THE FIFTH.

BREAKFAST.

Melon iced.
Salt codfish in purée of potatoes. Toast.
French pancakes. Coffee.

LUNCHEON.

Cornish pasties. Sliced tomatoes.
Thin-sliced bread.
Iced tea or raspberry shrub.
Blackberry bread.

DINNER.

Bouillon.
Chicken pudding. Mashed potatoes.
Scalloped cauliflower.
New peach cobbler.

French Pancakes—Three eggs, yolks and whites beaten separately, one cup milk, one-quarter teaspoon salt, one teaspoon sugar, one-half cup flour, one-half tablespoonful salad oil. Add

the milk, salt and sugar to the yolks. Pour a third of this mixture on the flour and stir to a smooth paste; add the remainder of the milk and beat well; then add the oil. Heat and butter a small frying pan, and pour into it enough of the mixture to cover the pan. When light brown turn and brown the other side. Spread each with jelly, roll up, and dust with powdered sugar.

Cornish Pasties—One-half pound lean beef (fresh or left from roast or steak), two potatoes, one apple, one onion, one heaping saltspoonful salt, one-eighth teaspoonful pepper, two tablespoonfuls cold water. Cut meat, potatoes and apple into small dice. Grate the onion, and add it and pepper, salt and water to the meat, potatoes and apple. Sift together two cups of flour, one-half teaspoonful baking powder, one saltspoonful salt, rub in one-half cup shortening (good lard or lard and butter in equal parts), stir in enough cold water—about one-half cup—to make a stiff dough. Roll out one-quarter inch thick, cut into rounds six inches across, place on each round some of the meat mixture; brush the edges with a little beaten egg or milk, pinch edges together and bring them to the top of pastry, brush over with egg and bake in a moderate oven thirty minutes.

Raspberry Shrub—Four quarts of red raspberries to one quart best cider vinegar; let stand four days; then strain. To each pint of juice add one pound of granulated sugar, boil twenty minutes, bottle and keep in a dry, cool place. To serve, fill as much as desired in a glass, add crushed ice and water. Very refreshing and wholesome in hot weather.

Bouillon—Six pounds of beef and bones. Cut up meat and break the bones, add two quarts of cold water, and simmer slowly five hours. Strain through a fine sieve, removing every particle of fat. Season only with salt, about a teaspoonful, and one-half saltspoonful pepper. Sufficient for two days.

Blackberry Bread—Stew blackberries or any other small fruit and sweeten to taste (about one-half cup of sugar to one quart of berries), and pour hot over thin slices of bakers' bread, buttered and with crust cut off, making alternate layers of fruit and bread, and leaving a thick layer of fruit for the last. Put a plate on top, and when cool set on ice. Serve with sweetened cream. Inexpensive, but delicious.

Chicken Pudding—Dress and cut one chicken into small pieces, put it into a kettle, with water just sufficient to cover, let simmer one-half hour, add a teaspoonful salt, and one-eighth teaspoonful pepper; let simmer until tender; then take out chicken and put into a three-quart baking dish. Have ready one quart green corn grated, to which add three eggs beaten light and one pint sweet milk, one-half teaspoonful salt and one-eighth saltspoonful pepper, and pour this mixture over the chicken; dredge thickly with flour, lay on bits of butter (two teaspoonfuls) and bake about thirty minutes. The broth in which chicken was cooked can be used for luncheon next day.

Scalloped Cauliflower—Choose close and white cauliflower, trim off decayed leaves and cut stalk off flat at bottom. Open

cauliflower a little in places to remove insects, and let it lie head downward in salt and water for two hours, which will effectually draw out all vermin. Then put into boiling water, allowing one heaping tablespoonful salt to a gallon of water; keep the kettle uncovered and boil until tender. When done, place them whole in a buttered dish with stems down. Make a sauce with a cup of bread crumbs beaten to a froth with two tablespoonfuls of melted butter and three of cream or milk, one well-beaten egg, a saltspoonful salt and a dash of pepper; pour this over the cauliflower, cover the dish tightly and bake six minutes; remove lid and brown nicely. Serve in baking dish.

New Peach Cobbler—Fill a pudding dish with whole peeled peaches, and pour over them two cups water. Cover closely and bake until peaches are tender; then drain off the juice from the peaches and let stand until cool. Add to the juice one pint sweet milk, four well-beaten eggs, one cup sugar, one tablespoonful melted butter, a small cup flour, with one teaspoonful baking powder mixed in it. Beat well three or four minutes and pour over peaches in dish. Bake until a rich brown, and serve with cream and sugar. Mrs. George Hopkins.

No. 92 37th street, Chicago.

FRIDAY, AUGUST THE SIXTH.

BREAKFAST.

Apple sauce.
Ham omelet. Cream biscuit.
Coffee.

LUNCHEON.

Iced nutmeg melon.
Fried tomatoes. Croquettes of sweet potato.
Ginger cake. Tea.

DINNER.

Baked trout à la Chambord.
Potatoes Viennoise. Creamed onions.
Beet salad.
Sponge custard. Coffee.

Ham Omelet—Beat six eggs separately. Take one cupful of sweet milk, into one-fourth of which stir a tablespoonful of flour. When the milk boils, stir in the paste, add a pinch of salt and one tablespoonful of butter, and let cool. Take two tablespoonfuls of minced ham, a little chopped parsley and thyme and stir with the yellows, then add the well-beaten whites. Have a well-greased skillet, and bake in a quick oven.

Cream Biscuit—Put one quart of sifted flour into a bowl, add

to it a heaping tablespoonful of butter or lard, rub well together with the hands until the flour is thoroughly greased, add two heaping teaspoonfuls baking powder, half-teaspoonful of salt, six tablespoonfuls of cream, seven tablespoonfuls of water, or enough to make a soft dough; mix and knead quickly; roll out about one-half inch thick and bake in a quick oven fifteen or twenty minutes.

Fried Tomatoes—Wash and wipe four large tomatoes, cut each one into three slices, season with one even teaspoonful of salt, one-half even teaspoonful of pepper, dust over with flour, dip each slice separately into beaten egg and cover with grated bread crumbs. Place a large frying pan with one heaping tablespoonful of lard or dripping over the fire when hot, put in as many of the tomato slices as conveniently will go in without crowding; fry a light brown on both sides, remove to a hot dish and serve.

Sweet Potato Croquettes—Take two cupfuls of boiled mashed potato. Beat the yolks of two eggs, add to the potato with two tablespoonfuls of cream, a bit of butter, half a teaspoonful of salt, half a grated nutmeg and a teaspoonful of minced parsley. Mix and put in a sauce pan. Stir over the fire until it leaves the sides of the pan. Take from the fire, cool and form into rolls three inches long and one inch in diameter. Dip in beaten egg, then in crumbs and fry in hot fat.

Ginger Cake—One cupful of sugar, one-half cupful of butter, two eggs. Dissolve one-half teaspoonful of soda in one-half cupful of milk. Add about two cupfuls of flour, in which sift a teaspoonful of cream tartar. Add also a tablespoonful of ginger. Bake slowly about three-quarters of an hour in a square baking tin, and when cool make two layers and spread whipped cream between and on top. A little grated cocoanut dusted over is an improvement.

Baked Trout à la Chambord—Split the fish in halves, remove the bone and lay the fish in a buttered pan, skin next to pan; cover the top with salt and pepper, a slight sprinkling of cracker crumbs and put in oven to bake. The bones and head of the fish should be chopped fine and put in saucepan with half a cup of butter, a small onion (cut up), and allowed to cook for fifteen minutes; pour over it a pint of stock, let it boil ten minutes and strain; add a can of mushrooms chopped fine, thicken with a few cracker crumbs, season with salt and pepper and Anchovy paste; the trout will almost be done by this time; take it out of the oven, pour off all fat and cover the fish with the prepared sauce; bake to a finish and serve.

Potato Viennoise—Boil eight peeled potatoes; when done, drain and press through a potato press; mix one even teaspoonful of salt, one-half even teaspoonful of pepper, two ounces of butter, the yolks of three eggs, one-half gill of cream, and four ounces of grated Parmesan cheese. Mix well and form the mixture into round balls the size of an egg. Sprinkle some flour on a pastry board, roll the potatoes into long shapes, thick in the center and

pointed at the ends; brush them over with beaten eggs; make two slanting incisions on top of each, lay them in a buttered pan, brush over again with egg and bake to a fine golden color in a hot oven.

Sponge Custard—One pint of milk, yolks of two eggs, white of one, if large, one-half ounce of gelatine soaked in cold water, two tablespoonfuls of white sifted flour; flavor with two teaspoonfuls of vanilla. Heat the milk and stir into the well-beaten yolks and sugar, return it to the saucepan and stir till it thickens. Melt the gelatine by adding a tablespoonful of boiling water and setting it in a vessel of hot water; when melted, add it to the milk; when well mixed, set by to cool. As soon as it commences to congeal whisk it thoroughly with an egg-beater, and add to it gradually the white of an egg, previously whipped to a stiff froth. Beat it rapidly and until quite spongy, and fill a mold. Let it cool five or six hours at least. Dip the mold in hot water when ready for use. The above quantities will fill a quart mold. It can be made the day before, if convenient.

Nannie K. Van Keuren.

No. 412 South Boulevard, Oak Park, Ill.

SATURDAY, AUGUST THE SEVENTH.

BREAKFAST.

Cantaloupe on ice.
Boiled eggs. Graham gems.
Coffee.

LUNCHEON.

Cheese sandwiches. Celery.
Sponge cake. Baked apples.
Lemonade.

DINNER.

Smothered beefsteak. Steamed potatoes.
Wafer crackers. Ladies' cabbage.
Deed suet pudding. After-dinner coffee.

Boiled Eggs—Eggs, even at this time, are very wholesome for the morning meal, if fresh. Test the eggs to see if they are fresh by dropping them into a pan of cold water; those sinking first are the freshest. Take ten of the fresh ones, put them into a tin pail and pour over them two quarts boiling water, cover and set away where they will keep hot and not boil for ten or twelve minutes. The heat of the water cooks the eggs slowly and evenly through, like any other food, and they are much nicer than when boiled in the ordinary way, and should be eaten from the shell.

Cheese Sandwiches — Take three hard-boiled eggs, three-quarters pound common fresh cheese grated, one saltspoonful salt, one teaspoonful pepper, one teaspoonful prepared mustard, three tablespoonfuls melted butter, three tablespoonfuls vinegar or cold water. Put yolks of eggs into a small bowl and mash; add to it butter and mix smoothly with a spoon; add salt, pepper, mustard and cheese, mixing each well. Lastly put in the vinegar (or water, if vinegar is not liked), which will make it of the proper consistency. This is easily made and very nice.

"Never Fail" Sponge Cake—A good sponge cake should be yellow as gold, of velvety softness and tender as a marshmallow. If the rule given is strictly followed such a cake will be the sure result. Separate the whites and yolks of four eggs. Beat the whites until stiff enough to remain in bowl if it is inverted, then beat into them with the beater half a cup of sugar, which must be granulated (powdered sugar makes tough cake and proper beating does away entirely with the grains). Beat the yolks, add to them a half cup of sugar, beating for five minutes by the clock—this latter being important, as the delicate texture of the cake depends upon it. Add to the yolks the juice and grated rind of a lemon. Now beat well together the yolks and whites. At this stage beating is in order, but must be absolutely avoided after adding the flour, of which take one cup. The mixture should now look like a puff ball, and the flour is to be tossed or stirred into it with a light turn of the wooden spoon. Stirring is quite different from beating. The cup of sugar must be generous, the flour scanty. Bake for twenty-five minutes in a moderate oven. Just before putting in the oven sprinkle on top through a sifter about a tablespoonful of granulated sugar; this gives the "crackly" top crust so desirable.

Ladies' Cabbage—Boil a firm white cabbage fifteen minutes, changing the water then for more from the boiling teakettle. When tender drain and set aside until perfectly cold. Chop fine and add two beaten eggs, a tablespoonful of butter, some pepper and salt, three tablespoonfuls of rich milk or cream. Stir all well together and bake in a buttered pudding dish until brown. Serve very hot. This is very much like cauliflower and is very digestible and palatable.

Deed Suet Pudding—Two cups flour, sifted, with one heaping teaspoonful baking powder, one cup of beef suet, free from strings and chopped fine, half teaspoonful of salt, rub all together thoroughly between the hands, then mix with fork into a rather soft dough, with about a cup of very cold water. Do not handle much, but roll out once very quickly until half an inch thick. Have ready prepared a two-quart bowl with a raised rim, line this with the dough, bottom and sides; heap with any fruit liked; add one-half cup of sugar, two or three tablespoonfuls of water, cover with dough and tie tightly over it a good-sized canton flannel cloth, rough side out, wrung very dry out of cold water and floured. Put into a large pot of boiling water, with a muffin ring or pot lid on the bottom, and keep boiling for two

hours. As the water boils away it is of great importance to renew only with boiling water; the teakettle should be kept full for the purpose. Eat with cream and sugar or hard or soft sauce, as liked. This will be a new pudding in most households, but in reality is a very old one and a great favorite with those who once have tasted it. Guests always ask for the recipe. It is nice made with pieplant, but plums and peaches are delicious.

Miss Mae Dorothy Pehler.
No. 323 East 2d Street, Winona, Minn.

SUNDAY, AUGUST THE EIGHTH.

BREAKFAST.

Baked apples with cream.
Green corn omelet. Browned potatoes.
Buttered toast. Coffee.

LUNCHEON.

Creamed beef. Sliced tomatoes.
Thin bread and buttered sandwiches.
Warm gingerbread. Tea, hot or cold.

DINNER.

Tomato bisque.
Small roast of veal with brown gravy.
Whole boiled potatoes. Baked macaroni.
Sliced cucumbers in vinegar.
Snow pudding. Coffee.

Green Corn Omelet—Take four good-sized ears of very tender sweet corn, score lengthwise of the kernels and press out the pulp with the back of the knife. Mix with five well-beaten eggs, add four tablespoonfuls of rich milk, three-quarters of a teaspoonful of salt and two or three dashes of pepper. Have the frying pan very hot, put in a good teaspoonful of butter; when well melted, pour in the omelet. Cook with care, folding over as soon as it sets, and dish on a hot platter. Left-over corn may also be used.

Browned Potatoes—Take potatoes which have been boiled whole the day before, quarter them lengthwise—if very large, split the quarters—and brown them evenly in a hot skillet, with a tablespoonful of butter or good meat drippings.

Creamed Beef—Have half a pound of nice dried beef thinly shaved; put in a saucepan or skillet with enough cold water to cover it. If the beef seems too salty, pour off this water when it begins to boil. Put a cupful of fresh hot water on the meat and simmer for ten minutes, keeping covered. Then put in a teacup of good sweet milk and a small tablespoonful of butter. Beat an

egg light and stir into it a heaping tablespoonful of flour. Rub smooth and stir into the beef; let it simmer for about two minutes, stirring well all the time.

Warm Gingerbread—Two coffeecups of flour, one cup of New Orleans molasses, one-half cup butter, one cup warm water, one egg, one dessertspoonful ginger (or more if liked), one teaspoonful soda, half-teaspoonful salt. Put the flour in deep earthen dish or bowl, mix the ginger and salt with it thoroughly; then put in the other ingredients, dissolving the soda in the warm water, but do not stir until all are in the dish. Then stir lightly until well mixed; beat for three minutes and turn into square pan well buttered. Bake in moderately hot oven until broom straw comes out dry. Use same cup for all measurements. This is very easy to prepare, and is equally good warm or cold.

Tomato Bisque—Prepare enough ripe tomatoes to make a quart when peeled and sliced, one small onion cut very fine; put in a granite kettle with a pint of hot water; stew slowly for half an hour and rub through a sieve. Return to kettle and stir in a half-teaspoonful of soda, let it foam up well, and add teaspoonful of salt and tablespoonful of sugar. At the time the tomatoes are stewing prepare in a double boiler a pint of rich milk and a tablespoonful of butter; moisten a tablespoonful of flour or cornstarch in a little cold milk and stir into the hot milk just as it comes to a boil. Cook for a few minutes until well thickened, and turn into the tomatoes with half a cupful of rolled crackers. Serve at once.

Baked Macaroni—Break into half-inch pieces enough macaroni to fill a large cup. Put it into a large kettle of boiling salted water and cook rapidly for twenty minutes or until tender enough to cut easily with a fork. Turn it into a colander and let cold water run through to rinse it. Put it into a shallow baking dish and cover with white sauce, made by cooking one tablespoonful of flour in one tablespoonful of melted butter in small saucepan; when the flour is rubbed smooth in the butter, stir in gradually one cup of hot milk. Season with half a teaspoonful of salt and a quarter-spoon of pepper. Spread this sauce evenly over the macaroni and cover with a cup of finely rolled crackers moistened with melted butter. Bake until the crumbs are brown. This is a delicious side dish at dinner.

Mrs. M. M. Green.

No. 3808 Prairie Avenue, Chicago.

MONDAY, AUGUST THE NINTH.

BREAKFAST.

Huckleberries with crackers and cream.
Halibut and eggs on toast. Hot rolls.
Green-corn cakes.
Coffee.

LUNCHEON.

Cold roast veal sliced.
Bean salad. Cheese soufflé.
Graham bread.
Berry tea cakes. Cocoa.

DINNER.

Broiled mutton chops with tomato sauce.
Baked potatoes.
Dressed Cucumbers. Stuffed eggplant.
Peach meringue. Coffee.

Huckleberries with Crackers and Cream—Pick over carefully one quart of blueberries and keep them on ice until wanted. Put into each bowl, for each person, two soda crackers broken in not too small pieces. Add a few tablespoonfuls of berries, a teaspoonful of powdered sugar, and fill the bowl with cold sweet cream.

Halibut and Eggs on Toast—Put into boiling salted water one pound of fresh halibut, cook slowly fifteen minutes; remove from the water and chop fine, then add one-quarter of a cupful of melted butter and six eggs well beaten, half a teaspoonful of salt and one-quarter of a teaspoonful of pepper. Place over the fire a thick-bottomed frying-pan containing a tablespoonful of cold butter; when it begins to melt, tip the pan so as to grease the sides; then put in the fish and eggs, stirring one way until the eggs are cooked. Turn over toast dipped in hot salted water.

Green-Corn Cakes—Take cooked corn left over from a previous meal and cut it from the cob. Put a cupful of milk to every cupful of corn, half a cupful of flour, one egg, a pinch of salt; mix well into a thick batter and fry in very hot lard. Serve with butter and powdered sugar.

Cheese Soufflé—Melt an ounce of butter in a sauce-pan, mix smoothly with it an ounce of flour, a pinch of salt and cayenne and a quarter of a pint of milk; simmer the mixture gently over the fire and stir it all the time till it is as thick as melted butter; stir into it about three ounces of cheese finely grated. Turn it into a basin and mix with it the yolks of two well-beaten eggs. Then whisk three whites to a solid froth, and just before the soufflé is baked stir them gently and thoroughly into it and pour the mixture into a small round tin. It should only be half filled, as the mixture will rise very high. Pin a napkin around the dish in which it is baked and serve the moment it is done. It will cook in twenty minutes.

Berry Tea Cakes—One cupful of sugar, two eggs, a pinch of salt, one and a half cupfuls of milk, one heaping teaspoonful of baking powder, a piece of butter the size of an egg and flour sufficient to make a stiff batter (about three cupfuls). In this batter stir a pint bowl of berries (any kind). Bake in muffin rings. Serve while warm. To be eaten with butter.

Broiled Mutton Chops and Tomato Sauce—Cut the chops from a tenderloin of mutton, remove a portion of the fat and trim them into a nice shape; slightly beat and level them; place the gridiron over a bright, clear fire; rub the bars with a little fat and lay on the chops. While broiling frequently turn them, and in about eight minutes they will be done. Sprinkle each with a dash of pepper and a pinch of salt. Dish them on a very hot dish, rub a small piece of butter on each chop, pour a tomato sauce over them and serve quickly.

Stuffed Eggplant—Cut the eggplant in two, scrape out all the inside and put it in a sauce-pan with two tablespoonfuls of minced ham; cover with water and boil until soft; drain off the water; add two tablespoonfuls of grated crumbs, a tablespoonful of butter, half a minced onion, one-half of a teaspoonful of salt and a dash of pepper. Stuff each half of the hull with the mixture; add a small lump of butter to each and bake fifteen minutes. Minced veal or chicken can be used in the place of ham, in which case more salt must be added.

Peach Meringue—Pare and quarter (removing stones) one quart of ripe peaches, place them all in a dish, sprinkle with a cupful of sugar and cover them well with the meringued whites of three eggs. Stand the dish in the oven until the eggs have become a delicate brown, then remove, and when cool set the dish on ice. Take the yolks of the eggs, add to them a pint of milk sweetened with one tablespoonful of sugar and flavor with a dash of cinnamon. Boil in a custard kettle, being careful to keep the eggs from curdling. When cool pour into a glass pitcher and serve with the meringue when ready to use.

Mrs. John Buie.

No. 170 Harding Avenue, Chicago.

TUESDAY, AUGUST THE TENTH.

BREAKFAST.

Small melons.
Omelet with peas. Hot corn bread.
Coffee.

LUNCHEON.

Meat rissoles. Fried tomatoes.
Creamed apple sauce.
Lady fingers. Tea.

DINNER.

Baked vegetable soup.
Rolled beefsteak with browned potatoes.
Summer squash. Sliced cucumbers.
Apple pie. Coffee.

Omelet with Peas—Break six eggs into a basin, beat thoroughly, adding a pinch of salt, dash of white pepper, and two tablespoons of cream. Have spider hot and well greased; pour in and shake almost continually. If one has two tablespoons of cooked peas or asparagus tops or string beans they may be heated and added now, scatter on top lightly and roll up in the omelet.

Hot Corn Bread—Scald two cups of cornmeal with one pint boiling sweet milk; add two tablespoons sugar or molasses, a pinch of salt; let it cool slightly, then stir in yolks of two eggs well beaten, also full tablespoon melted lard or butter. Lastly add the two whites, well frothed, stirring in lightly. Grease and heat pans; have oven hot. If in one pan bake one-half hour, if in gem pans twenty minutes.

Meat Rissoles—Make rich biscuit dough, roll out into little squares, put upon each of these a good spoonful of calves' liver, which has been boiled, seasoned and finely minced into a paste, with a trifle of onion and butter added. Cold chicken meat or veal is also nice if liver is not liked, but be sure whatever is used is well minced and seasoned; add the butter as you put upon the square. Now fold over the edges and pinch carefully together. Bake in rather hot oven; serve hot.

Creamed Apple Sauce—One quart cold apple (green) sauce, one light cup powdered sugar, one cup rich milk (cream if possible), whites of two eggs, well frothed. Mix sugar and cream until well dissolved, then add whites of eggs and pour over the cold apple sauce. This dish will only require six minutes if apple sauce is ready.

Baked Vegetable Soup—Convenient to make on baking day, as it can occupy the back of oven and be taken out for a time if space is needed and returned without detriment. Put into jar or deep pan that can be tightly covered about two pounds lean beef or mutton, cut into many slices; one tablespoon salt, one teaspoon pepper, four onions, two parsnips, four carrots, two turnips, six potatoes, six tomatoes—the latter previously scalded and skinned, the others pared or scraped and cut into pieces size of a pigeon's egg. Add to this three quarts cold water when put in oven. Never use cooked meat for this soup and keep tightly covered always. Two hours will make this nicely. If water falls much below three quarts add boiling water upon opening to serve.

Rolled Beefsteak, with Browned Potatoes—Two pounds round steak, remove the bone. Make dressing of two cups of bread crumbs (dry), one-quarter pound salt pork, chopped very fine, dash of pepper; omit salt, but add seasoning of sage, parsley or onion, as preferred. Spread this over the steak, then roll up carefully, tying at least three places to keep carefully in roll form. Put in dripping pan, with half a pint hot water, and a tablespoon lard; bake in moderate oven, basting often. Brown the potatoes in same pan. Make gravy of drippings and pour over meat and potatoes served on same platter. Cut meat from end.

Laura H. Clark.

No. 2552 Prairie Avenue, Chicago.

to it a heaping tablespoonful of butter or lard, rub well together with the hands until the flour is thoroughly greased, add two heaping teaspoonfuls baking powder, half-teaspoonful of salt, six tablespoonfuls of cream, seven tablespoonfuls of water, or enough to make a soft dough; mix and knead quickly; roll out about one-half inch thick and bake in a quick oven fifteen or twenty minutes.

Fried Tomatoes—Wash and wipe four large tomatoes, cut each one into three slices, season with one even teaspoonful of salt, one-half even teaspoonful of pepper, dust over with flour, dip each slice separately into beaten egg and cover with grated bread crumbs. Place a large frying pan with one heaping tablespoonful of lard or dripping over the fire when hot, put in as many of the tomato slices as conveniently will go in without crowding; fry a light brown on both sides, remove to a hot dish and serve.

Sweet Potato Croquettes—Take two cupfuls of boiled mashed potato. Beat the yolks of two eggs, add to the potato with two tablespoonfuls of cream, a bit of butter, half a teaspoonful of salt, half a grated nutmeg and a teaspoonful of minced parsley. Mix and put in a sauce pan. Stir over the fire until it leaves the sides of the pan. Take from the fire, cool and form into rolls three inches long and one inch in diameter. Dip in beaten egg, then in crumbs and fry in hot fat.

Ginger Cake—One cupful of sugar, one-half cupful of butter, two eggs. Dissolve one-half teaspoonful of soda in one-half cupful of milk. Add about two cupfuls of flour, in which sift a teaspoonful of cream tartar. Add also a tablespoonful of ginger. Bake slowly about three-quarters of an hour in a square baking tin, and when cool make two layers and spread whipped cream between and on top. A little grated cocoanut dusted over is an improvement.

Baked Trout à la Chambord—Split the fish in halves, remove the bone and lay the fish in a buttered pan, skin next to pan; cover the top with salt and pepper, a slight sprinkling of cracker crumbs and put in oven to bake. The bones and head of the fish should be chopped fine and put in saucepan with half a cup of butter, a small onion (cut up), and allowed to cook for fifteen minutes; pour over it a pint of stock, let it boil ten minutes and strain; add a can of mushrooms chopped fine, thicken with a few cracker crumbs, season with salt and pepper and Anchovy paste; the trout will almost be done by this time; take it out of the oven, pour off all fat and cover the fish with the prepared sauce; bake to a finish and serve.

Potato Viennoise—Boil eight peeled potatoes; when done, drain and press through a potato press; mix one even teaspoonful of salt, one-half even teaspoonful of pepper, two ounces of butter, the yolks of three eggs, one-half gill of cream, and four ounces of grated Parmesan cheese. Mix well and form the mixture into round balls the size of an egg. Sprinkle some flour on a pastry board, roll the potatoes into long shapes, thick in the center and

pointed at the ends; brush them over with beaten eggs; make two slanting incisions on top of each, lay them in a buttered pan, brush over again with egg and bake to a fine golden color in a hot oven.

Sponge Custard—One pint of milk, yolks of two eggs, white of one, if large, one-half ounce of gelatine soaked in cold water, two tablespoonfuls of white sifted flour; flavor with two teaspoonfuls of vanilla. Heat the milk and stir into the well-beaten yolks and sugar, return it to the saucepan and stir till it thickens. Melt the gelatine by adding a tablespoonful of boiling water and setting it in a vessel of hot water; when melted, add it to the milk; when well mixed, set by to cool. As soon as it commences to congeal whisk it thoroughly with an egg-beater, and add to it gradually the white of an egg, previously whipped to a stiff froth. Beat it rapidly and until quite spongy, and fill a mold. Let it cool five or six hours at least. Dip the mold in hot water when ready for use. The above quantities will fill a quart mold. It can be made the day before, if convenient.

Nannie K. Van Keuren.
No. 412 South Boulevard, Oak Park, Ill.

SATURDAY, AUGUST THE SEVENTH.

BREAKFAST.

Cantaloupe on ice.
Boiled eggs. Graham gems.
Coffee.

LUNCHEON.

Cheese sandwiches. Celery.
Sponge cake. Baked apples.
Lemonade.

DINNER.

Smothered beefsteak. Steamed potatoes.
Wafer crackers. Ladies' cabbage.
Deed suet pudding. After-dinner coffee.

Boiled Eggs—Eggs, even at this time, are very wholesome for the morning meal, if fresh. Test the eggs to see if they are fresh by dropping them into a pan of cold water; those sinking first are the freshest. Take ten of the fresh ones, put them into a tin pail and pour over them two quarts boiling water, cover and set away where they will keep hot and not boil for ten or twelve minutes. The heat of the water cooks the eggs slowly and evenly through, like any other food, and they are much nicer than when boiled in the ordinary way, and should be eaten from the shell.

Milk Sherbet—Squeeze the juice of six large lemons on four cupfuls of sugar; put the skins with a pint of water on the fire, and let simmer ten minutes. Scald two quarts of milk, with two tablespoonfuls of cornstarch and one cupful of sugar. When cold, put in the freezer, and when it begins to stiffen add the sirup of lemon juice and sugar; then freeze. This is more delicious than ice cream. Mrs. Charles Adams.

No. 25 Union Street, Hornellsville, N. Y.

FRIDAY, AUGUST THE THIRTEENTH.

BREAKFAST.

Nutmeg melons.
Boiled rice with cream and sugar.
Minced mutton.
Bread and butter. Coffee.

LUNCHEON.

Cheese toasted with eggs.
Piquant of cold meat.
Mulberry shrub.
Cookies.

DINNER.

Southern court bouillon.
Scalloped onions. Okra.
Cold chocolate pudding.
Iced tea.

Minced Mutton—Wash sheep's heart and lights very clean, boil half an hour in salty water, mince finely. Mix a piece of butter, with flour, brown in stew pan, add some of the liquor they were boiled in. Put in the mince with small chopped onion, cover closely, let simmer a few minutes; add a dash of pepper, a teaspoon of Worcestershire sauce and serve.

Cheese Toasted with Eggs—One-half pound of cheese. Beat three tablespoons of bread crumbs, soaked in milk, with three eggs; add three tablespoons melted butter, one tablespoon made mustard, salt and pepper to taste, and lastly the cheese grated; spread evenly on slices of toast, brown quickly.

Piquant of Cold Meat—Two cups cold roast meat, chop finely, add one teaspoon mustard, one hard-boiled egg, half teaspoon of salt, half saltspoon of pepper, vinegar to moisten; put in dish and press. Slice when solid.

Mulberry Shrub—Squeeze the juice from mulberries, let stand ten days or until fermentation ceases. Carefully take off scum and pour into a fresh vessel; let stand twenty-four hours

and again pour off. To one pound of loaf sugar allow thirteen ounces of juice; when it begins to boil strain through jelly bag, and bottle and seal. Fill a glass one-half full of the shrub and fill up with ice water.

Southern Court Bouillon—Take one fresh catfish, weighing about three pounds, roll in flour, salt and pepper and fry a delicate brown. Boil a cup of rice until tender, season, put in platter and place the fried fish on rice. Make a gravy in the pan, where fish was fried, cut up three medium-sized tomatoes and cook in gravy; pour over fish and rice. This is an old southern dish.

Okra—Wash, cut in small pieces and boil with small piece of salt pork twenty minutes. Serve hot.

Chocolate Pudding—Two cups milk, one heaping tablespoonful sugar, one tablespoon cornstarch mixed with sugar, and one-half cake of grated chocolate. Heat milk to boiling point, slowly add sugar, cornstarch and chocolate; when thick as custard set off to cool; turn into wet molds, put on ice and serve very cold with cream and sugar. Mrs. J. B. Holson.

Farnia, Ill.

SATURDAY, AUGUST THE FOURTEENTH.

BREAKFAST.

Peaches.
Macaroni and ham. Bread and butter.
Vinaigrette. Coffee.

LUNCHEON.

Zrazi à la hâte. Fried potatoes.
Fruits macédoine.
Curly cakes. Tea.

DINNER.

Russian chlodnik.
Beef tongue. Sauce lyonnaise.
Vegetables au gratin.
French cherry pie.

Macaroni and Ham—Boil half a pound of macaroni in salted water until it is tender; strain and put in a bowl; then mix with one tablespoonful of butter, a quarter of a pound of ham, the latter cut in small pieces, two tablespoonfuls of thick sour cream and a handful of grated cheese. Mix it well. Then put in a greased pan and bake in hot oven for twenty minutes.

Vinaigrette—Boil three medium-sized potatoes; add to this one sour cucumber, remains of meat, such as veal or chicken, or fish, and if possible four mushrooms. Cut all this in thin pieces.

Milk Sherbet—Squeeze the juice of six large lemons on four cupfuls of sugar; put the skins with a pint of water on the fire, and let simmer ten minutes. Scald two quarts of milk, with two tablespoonfuls of cornstarch and one cupful of sugar. When cold, put in the freezer, and when it begins to stiffen add the sirup of lemon juice and sugar; then freeze. This is more delicious than ice cream. Mrs. Charles Adams.

No. 25 Union Street, Hornellsville, N. Y.

FRIDAY, AUGUST THE THIRTEENTH.

BREAKFAST.

Nutmeg melons.
Boiled rice with cream and sugar.
Minced mutton.
Bread and butter. Coffee.

LUNCHEON.

Cheese toasted with eggs.
Piquant of cold meat.
Mulberry shrub.
Cookies.

DINNER.

Southern court bouillon.
Scalloped onions. Okra.
Cold chocolate pudding.
Iced tea.

Minced Mutton—Wash sheep's heart and lights very clean, boil half an hour in salty water, mince finely. Mix a piece of butter, with flour, brown in stew pan, add some of the liquor they were boiled in. Put in the mince with small chopped onion, cover closely, let simmer a few minutes; add a dash of pepper, a teaspoon of Worcestershire sauce and serve.

Cheese Toasted with Eggs—One-half pound of cheese. Beat three tablespoons of bread crumbs, soaked in milk, with three eggs; add three tablespoons melted butter, one tablespoon made mustard, salt and pepper to taste, and lastly the cheese grated; spread evenly on slices of toast, brown quickly.

Piquant of Cold Meat—Two cups cold roast meat, chop finely, add one teaspoon mustard, one hard-boiled egg, half teaspoon of salt, half saltspoon of pepper, vinegar to moisten; put in dish and press. Slice when solid.

Mulberry Shrub—Squeeze the juice from mulberries, let stand ten days or until fermentation ceases. Carefully take off scum and pour into a fresh vessel; let stand twenty-four hours

and again pour off. To one pound of loaf sugar allow thirteen ounces of juice; when it begins to boil strain through jelly bag, and bottle and seal. Fill a glass one-half full of the shrub and fill up with ice water.

Southern Court Bouillon—Take one fresh catfish, weighing about three pounds, roll in flour, salt and pepper and fry a delicate brown. Boil a cup of rice until tender, season, put in platter and place the fried fish on rice. Make a gravy in the pan, where fish was fried, cut up three medium-sized tomatoes and cook in gravy; pour over fish and rice. This is an old southern dish.

Okra—Wash, cut in small pieces and boil with small piece of salt pork twenty minutes. Serve hot.

Chocolate Pudding—Two cups milk, one heaping tablespoonful sugar, one tablespoon cornstarch mixed with sugar, and one-half cake of grated chocolate. Heat milk to boiling point, slowly add sugar, cornstarch and chocolate; when thick as custard set off to cool; turn into wet molds, put on ice and serve very cold with cream and sugar. Mrs. J. B. Holson.

Farnia, Ill.

SATURDAY, AUGUST THE FOURTEENTH.

BREAKFAST.

Peaches.
Macaroni and ham. Bread and butter.
Vinaigrette. Coffee.

LUNCHEON.

Zrazi à la hâte. Fried potatoes.
Fruits macédoine.
Curly cakes. Tea.

DINNER.

Russian chlodnik.
Beef tongue. Sauce lyonnaise.
Vegetables au gratin.
French cherry pie.

Macaroni and Ham—Boil half a pound of macaroni in salted water until it is tender; strain and put in a bowl; then mix with one tablespoonful of butter, a quarter of a pound of ham, the latter cut in small pieces, two tablespoonfuls of thick sour cream and a handful of grated cheese. Mix it well. Then put in a greased pan and bake in hot oven for twenty minutes.

Vinaigrette—Boil three medium-sized potatoes; add to this one sour cucumber, remains of meat, such as veal or chicken, or fish, and if possible four mushrooms. Cut all this in thin pieces.

Milk Sherbet—Squeeze the juice of six large lemons on four cupfuls of sugar; put the skins with a pint of water on the fire, and let simmer ten minutes. Scald two quarts of milk, with two tablespoonfuls of cornstarch and one cupful of sugar. When cold, put in the freezer, and when it begins to stiffen add the sirup of lemon juice and sugar; then freeze. This is more delicious than ice cream. Mrs. Charles Adams.

No. 25 Union Street, Hornellsville, N. Y.

FRIDAY, AUGUST THE THIRTEENTH.

BREAKFAST.

Nutmeg melons.
Boiled rice with cream and sugar.
Minced mutton.
Bread and butter. Coffee.

LUNCHEON.

Cheese toasted with eggs.
Piquant of cold meat.
Mulberry shrub.
Cookies.

DINNER.

Southern court bouillon.
Scalloped onions. Okra.
Cold chocolate pudding.
Iced tea.

Minced Mutton—Wash sheep's heart and lights very clean, boil half an hour in salty water, mince finely. Mix a piece of butter, with flour, brown in stew pan, add some of the liquor they were boiled in. Put in the mince with small chopped onion, cover closely, let simmer a few minutes; add a dash of pepper, a teaspoon of Worcestershire sauce and serve.

Cheese Toasted with Eggs—One-half pound of cheese. Beat three tablespoons of bread crumbs, soaked in milk, with three eggs; add three tablespoons melted butter, one tablespoon made mustard, salt and pepper to taste, and lastly the cheese grated; spread evenly on slices of toast, brown quickly.

Piquant of Cold Meat—Two cups cold roast meat, chop finely, add one teaspoon mustard, one hard-boiled egg, half teaspoon of salt, half saltspoon of pepper, vinegar to moisten; put in dish and press. Slice when solid.

Mulberry Shrub—Squeeze the juice from mulberries, let stand ten days or until fermentation ceases. Carefully take off scum and pour into a fresh vessel; let stand twenty-four hours

and again pour off. To one pound of loaf sugar allow thirteen ounces of juice; when it begins to boil strain through jelly bag, and bottle and seal. Fill a glass one-half full of the shrub and fill up with ice water.

Southern Court Bouillon—Take one fresh catfish, weighing about three pounds, roll in flour, salt and pepper and fry a delicate brown. Boil a cup of rice until tender, season, put in platter and place the fried fish on rice. Make a gravy in the pan, where fish was fried, cut up three medium-sized tomatoes and cook in gravy; pour over fish and rice. This is an old southern dish.

Okra—Wash, cut in small pieces and boil with small piece of salt pork twenty minutes. Serve hot.

Chocolate Pudding—Two cups milk, one heaping tablespoonful sugar, one tablespoon cornstarch mixed with sugar, and one-half cake of grated chocolate. Heat milk to boiling point, slowly add sugar, cornstarch and chocolate; when thick as custard set off to cool; turn into wet molds, put on ice and serve very cold with cream and sugar. Mrs. J. B. Holson.

Farnia, Ill.

SATURDAY, AUGUST THE FOURTEENTH.

BREAKFAST.

Peaches.
Macaroni and ham. Bread and butter.
Vinaigrette. Coffee.

LUNCHEON.

Zrazi à la hâte. Fried potatoes.
Fruits macédoine.
Curly cakes. Tea.

DINNER.

Russian chlodnik.
Beef tongue. Sauce lyonnaise.
Vegetables au gratin.
French cherry pie.

Macaroni and Ham—Boil half a pound of macaroni in salted water until it is tender; strain and put in a bowl; then mix with one tablespoonful of butter, a quarter of a pound of ham, the latter cut in small pieces, two tablespoonfuls of thick sour cream and a handful of grated cheese. Mix it well. Then put in a greased pan and bake in hot oven for twenty minutes.

Vinaigrette—Boil three medium-sized potatoes; add to this one sour cucumber, remains of meat, such as veal or chicken, or fish, and if possible four mushrooms. Cut all this in thin pieces.

Milk Sherbet—Squeeze the juice of six large lemons on four cupfuls of sugar; put the skins with a pint of water on the fire, and let simmer ten minutes. Scald two quarts of milk, with two tablespoonfuls of cornstarch and one cupful of sugar. When cold, put in the freezer, and when it begins to stiffen add the sirup of lemon juice and sugar; then freeze. This is more delicious than ice cream. Mrs. Charles Adams.

No. 25 Union Street, Hornellsville, N. Y.

FRIDAY, AUGUST THE THIRTEENTH.

BREAKFAST.

Nutmeg melons.
Boiled rice with cream and sugar.
Minced mutton.
Bread and butter. Coffee.

LUNCHEON.

Cheese toasted with eggs.
Piquant of cold meat.
Mulberry shrub.
Cookies.

DINNER.

Southern court bouillon.
Scalloped onions. Okra.
Cold chocolate pudding.
Iced tea.

Minced Mutton—Wash sheep's heart and lights very clean, boil half an hour in salty water, mince finely. Mix a piece of butter, with flour, brown in stew pan, add some of the liquor they were boiled in. Put in the mince with small chopped onion, cover closely, let simmer a few minutes; add a dash of pepper, a teaspoon of Worcestershire sauce and serve.

Cheese Toasted with Eggs—One-half pound of cheese. Beat three tablespoons of bread crumbs, soaked in milk, with three eggs; add three tablespoons melted butter, one tablespoon made mustard, salt and pepper to taste, and lastly the cheese grated; spread evenly on slices of toast, brown quickly.

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Farnia, Ill.

SATURDAY, AUGUST THE FOURTEENTH.

BREAKFAST.

Peaches.
Macaroni and ham. Bread and butter.
Vinaigrette. Coffee.

LUNCHEON.

Zrazi à la hâte. Fried potatoes.
Fruits macédoine.
Curly cakes. Tea.

DINNER.

Russian chlodnik.
Beef tongue. Sauce lyonnaise.
Vegetables au gratin.
French cherry pie.

Macaroni and Ham—Boil half a pound of macaroni in salted water until it is tender; strain and put in a bowl; then mix with one tablespoonful of butter, a quarter of a pound of ham, the latter cut in small pieces, two tablespoonfuls of thick sour cream and a handful of grated cheese. Mix it well. Then put in a greased pan and bake in hot oven for twenty minutes.

Vinaigrette—Boil three medium-sized potatoes; add to this one sour cucumber, remains of meat, such as veal or chicken, or fish, and if possible four mushrooms. Cut all this in thin pieces.

Then aside of this beat the yolk of an egg; three tablespoonfuls of olive oil, adding a small quantity of it at a time, one tablespoonful of strong vinegar, some salt and white pepper, according to one's taste. (The above stirring to be done in a cool place and to consist of a uniform motion.) Line a salad bowl with crisp lettuce leaves, put in the ingredients mixed with the dressing, then garnish with a hard-boiled egg, sliced, and a few celery tips.

Zrazi á la Hâte—Take half a pound of very tender beef, cut in inch wide pieces, beat well, season with salt and pepper, add one grated onion, mix with a tablespoonful of flour Have ready a pot with a tablespoonful of hot browned butter, put in the meat and mix quickly and carefully until each piece loses its rawness. Then pour in a half of a cup of sweet cream, cover closely and boil for a while. Take care not to fry the meat too long.

Fruits Macédoine—Every kind of fruit, such as raspberries, gooseberries, currants and musk melons, the latter cut in pieces, cover with sugar, then put it into an ice box for two hours; when ready to serve cover with fruit juice.

Curly Cakes—Two tablespoonfuls of melted butter, one cup of water and a teaspoonful of sugar; boil this, and while boiling on a small fire and stirring constantly, pour in one cup of flour, stir until it no more adheres to the pot. Then put in an egg, mix thoroughly and when cool three eggs more. Mix well and over a large greased tin pan spread the dough, making it as thin as paper; cut this directly in square pieces, pour over sugar with fine chopped almonds and put into a moderate oven. When baked the color ought to be golden-brown.

Russian Chlodnik—Boil pie plants in water without sugar, take one quart of this liquor without the pie plants. While yet hot put in some chopped dill, four dark red beets cooked and peeled, two sour cucumbers cut into squares, three hard-boiled eggs cut in slices, cooked crabs peeled from their shells. Then beat a pint of good, thick, sour cream, prepare with the obtained liquor and put into the ice box. Must be served very cold. This soup is excellent.

Beef Tongue—Boil an unsmoked beef tongue; when tender peel off the skin, cut in slices, pour over the sauce, cover closely and boil for twenty minutes.

Sauce Lyonnaise—Brown one tablespoonful of butter and the same quantity of flour, add some liquor from the boiling tongue. Brown separately a little of sugar, put into sauce, allow it to boil; put also a handful of stoneless raisins and four almonds cut finely; vinegar or lemon juice and salt according to one's taste.

Vegetables au Gratin—Boil separately in salted water a head of Savoy cabbage, cut into pieces, green peas, asparagus, cut into pieces, and the like. When soft drain, strew over it a little bit of sugar. Lay some butter into a tin pan, then cabbage, then grated Parmezan cheese; again butter, peas, cheese, and again until all is used. Cover closely and put for an hour into a moderate oven. Serve with browned butter and bread crumbs.

French Cherry Pie—Two yolks, two tablespoonfuls of fresh butter, one tablespoon of sugar and one tablespoonful of milk and enough flour to make a dough. Knead well and spread on a greased pie tin, and bake in moderate oven until it gets a golden-brown color. The day before preparation take out the stones of a quart of red or dark cherries, mix richly with sugar and allow to remain over night. Next morning strain (reserve the juice for our fruits macédoine), take a cupful of thick sour cream, mix with the cherries, pour over the pie when the latter is already cool and put into the ice box. This is delicious.

Mrs. D. M. Lande.

No. 831 Eighth Avenue, Milwaukee, Wis.

SUNDAY, AUGUST THE FIFTEENTH.

BREAKFAST.

Grapes.
Crisped bacon. Hashed browned potatoes.
Popovers. Coffee.

LUNCHEON.

Scalloped salmon.
Cottage salad. Baked apples.
Brown bread. Iced tea.

DINNER.

Maryland fried chicken.
Corn pudding. Mashed potatoes.
Cucumbers.
Frozen soufflé. Coffee.

Grapes—Lay several fresh grape leaves on a plate and pile the grapes on these.

Scalloped Salmon—Make a cream sauce as follows: Melt, without browning, two tablespoonfuls of butter and add two tablespoonfuls of flour; stir in a pint of milk, and when it thickens season with a half-teaspoonful of salt, a saltspoonful of pepper. Take from the fire until ready to use. Take a pint of salmon or any cold seasoned fish left from the day before. Put a layer of fish in the bottom of a baking dish, then a layer of sauce and a layer of bread crumbs, and so on until the fish is used. Brown in a quick oven.

Maryland Fried Chicken—The chickens should always be dressed and kept in the ice box for at least twelve hours before using. Flour each piece and dust lightly with salt, and pepper. The frying pan should be half full of lard, and the latter smoking hot, when the chicken is put in. Then cover and let cook slowly

for half an hour, turning from time to time. When done pour the fat from the pan and add a tablespoonful of butter and let brown; then stir in a tablespoonful of flour, pour in a cup of milk and let thicken. Serve the gravy in a separate dish. Put little strips of fried mush around the chicken. There could be no more palatable way of cooking chicken.

Cucumbers—Cut four cucumbers in two lengthwise and scoop out all you can without breaking the little boats thus formed. Throw these into cold water until needed. Chop the cucumber which has been taken out with two medium-sized onions. Let this drain in a colander for fifteen minutes. Then season with two tablespoonfuls of celery seed, one tablespoonful mustard seed, one teaspoonful of salt, one-quarter teaspoonful of pepper and two dashes of cayenne pepper. Fill the little boats and serve. This mixture will keep in a glass jar, sealed, for several weeks.

Frozen Soufflé—Take three tablespoonfuls of granulated sugar and six raw egg yolks; whip slowly, warming over hot water while beating. When an almost solid froth, remove and cool the bowl. Mix in gently one pint of cream whipped to a stiff froth and one dozen lady-fingers cut in small pieces. Turn into a mold which has been wet in ice water, cover tightly, bind with a buttered cloth and bury in ice and salt for two hours. This is a delicious dessert, and is a good way to use up yolks of eggs left from white cake, angel food, etc.

Mrs. M. D. Adams.

Box 621, Alexandria, Ind.

MONDAY, AUGUST THE SIXTEENTH.

BREAKFAST.

Iced cantaloupe.
Egg toast.
Chip beef with tomatoes.
Coffee.

LUNCHEON.

Graham lunch bread.
Cold sliced tongue. Ice tea.
Shredded wheat biscuit and peach meringue.

DINNER.

Clam soup.
Veal cutlet, cream gravy. Succotash.
Sliced wheat bread.
Tomatoes with French dressing.
Apple float.

Cantaloupe—Select a melon that feels heavy and solid, with rough rind. Wash in cold water, cut in two, take out seeds and place lumps of ice in each half.

Chip Beef with Tomatoes—Pare with a sharp knife two solid ripe tomatoes; have sauce-pan hot, with a tablespoonful of melted butter in it; cut the tomatoes into inch pieces, dust them with sifted flour and stir into the hot butter and let cook five minutes; then add a sprinkle of white pepper and a quarter of a pound of chip beef, cut very thin. With a fork stir beef and tomatoes, cover and let all simmer for ten minutes; add half a teaspoonful of minced parsley, if preferred.

Graham Lunch Bread—One and a half pints of Graham flour, one-half pint wheat flour, two tablespoonfuls of white sugar, one teaspoonful of salt, two teaspoonfuls of baking powder, three-quarters of a pint of milk. Sift together the flour, sugar, salt and powder twice; add the milk slowly, make into a smooth dough that can be easily handled. Flour the board, turn out the dough on it, give it a quick, vigorous kneading to complete its smoothness. Then divide into four pieces, form into long loaves, lay them just touching in a shallow pan, wash them over with milk and bake in rather hot oven for thirty minutes. When baked rub over with a little butter.

Shredded Wheat Biscuit and Peach Meringue—Peal and slice a quarter of a peck of ripe, juicy peaches; put into a bowl and sugar thoroughly, an hour before wanted. Carefully divide three shredded wheat biscuits into halves; place in a pan in the oven, until heated through. Then butter lightly and moisten with the peach sirup; place in baking dish, add the peaches, cover and return to the oven for five minutes. Have the whites of two eggs, beaten stiff with two tablespoonfuls of powdered sugar, place on top of peaches, and place for two minutes in open oven. Serve with cream. The wheat biscuits will be found a delicious addition to the peaches.

Clam Soup—One quart of clams; strain off the juice and chop up the clams very fine, and let them cook slowly for an hour in a pint of the juice. Then stran through a fine sieve, and return to the fire, with half a teaspoonful of salt, quarter teaspoonful of white pepper. Let one pint of milk come to a scald, add it to the clam liquor. Cream together one tablespoonful of flour and one of butter. Stir slowly into the soup, let simmer until thick as rich cream, and serve in hot soup tureen, with one grate of nutmeg.

Veal Cutlets, Cream Gravy—Have two pounds of veal cutlet cut three-quarters of an inch thick, trim and flatten, sprinkle with a heaping saltspoonful of salt, dip in beaten egg and crackers pounded very fine. Fry rather slowly in very hot lard or good bacon dripping, turning when the lower side is brown, and keeping covered as much as possible, as the steam helps greatly to make the meat tender. When cutlet is brown and tender remove from the sauce-pan into a hot dish. Pour the fat off remaining in pan; dredge from the flour box about a teaspoonful of flour into

the pan in which meat was cooked, stirring constantly until a light brown, then slowly add one cup of sweet, rich milk, and continue stirring until it comes to a boil; add a pinch of salt and dash of pepper, strain and pour over the meat. Garnish with parsley.

Succotash—Six ears of sweet corn, cut with sharp-pointed knife through the grain, then off the cob; half a pint of lima beans. Place beans in a stew-pan, with just enough boiling water to cover them; let boil for half an hour. Then add corn, boil fifteen minutes. Draw off water and add a cup of milk. When this boils put in one tablespoonful of floured butter, half a teaspoonful of salt, a pinch of pepper and let simmer ten minutes.

Apple Float—A dozen tart cooking apples; wash and put on fire with water enough to cover them; let cook until perfectly tender; drain off every drop of water, and with a large spoon mash the apples through a fine sieve and let cool. Have the whites of two eggs, beaten perfectly stiff, sweeten apples, season with nutmeg and beat them into the eggs, a little bit at a time, and place the dish in icebox until ready to serve with cold cream. Mrs. Thomas Turtle.

No. 2815 Q Street, Washington, D. C.

TUESDAY, AUGUST THE SEVENTEENTH.

BREAKFAST.

Baked new apples with cream.
Hashed veal with poached eggs.
Toast à la duchesse. Coffee.

LUNCHEON.

Baked-bean sandwiches.
Tomatoes. French dressing.
White loaf cake. Iced tea.

DINNER.

Cream of young carrots.
Collops of cold beef. Mashed potatoes.
Baked cucumbers.
Banana ice cream. Coffee.

Hashed Veal with Poached Eggs—Put a tablespoonful of butter and one of flour in a sauce-pan. Melt without frying, then add a small half-pint of milk. Stir until boiling. Add a large saltspoonful of salt, a good pinch of cayenne, half a teaspoonful of onion juice. Then stir in one large cup of chopped cooked veal, add a pinch of nutmeg and serve on a hot dish, with a poached egg for each person.

Toast à la Duchesse—Cut neat pieces of stale bread into

squares, round or oblong shapes; dip in a batter made from one cup of milk, one beaten egg, one teaspoonful of melted butter, half a cup of sugar, half a cup of flour. See that the bread is well saturated with the batter, but not so soft as to break. Fry brown in very hot butter or sweet dripping, and serve with butter or a bit of jelly on each.

Bean Sandwiches—Rub one cupful of baked beans to a smooth paste. Add one teaspoonful each of chopped parsley and celery, one teaspoonful of onion juice and one-eighth of a teaspoonful of made mustard. Spread between thin slices of brown bread.

White Loaf Cake—Cream together one-half of a cupful of butter and one and one-half cupfuls of sugar. Add one-half of a cupful of milk, one scant teaspoonful of almond extract and two cupfuls of sifted flour. Beat well, add the whipped whites of four eggs and one heaping teaspoonful of baking powder. Beat again and bake in a moderate oven.

Carrot Soup—Boil enough young carrots to make a pint after being rubbed through a colander. Boil them until very soft in two quarts of water. Rub through the colander, return to the fire, add a thickening of a tablespoonful each of flour and butter, a teaspoonful of salt and a saltspoonful of pepper. Add a cup of milk or cream, and serve with croutons.

Collops—It is for the hardness of heart of those who do not appreciate the excellence of thin slices of cold, rare beef that this form of using yesterday's roast is given: Cut six neat, even slices from the rarest portion; put a tablespoonful of butter in a frying-pan and brown them quickly on either side; sprinkle with a tablespoonful of flour; add three-quarters of a cupful of stock or water; add a small cucumber sliced thin and an onion minced; cover, cook fifteen minutes and add a teaspoonful of capers, half a teaspoonful of salt and a pinch of pepper. Dish, garnish with minced parsley and points of toast.

Baked Cucumbers—Baked cucumbers are delicious. Peel good-sized cucumbers, cut them in two lengthwise and remove the seeds and soft part, keeping the shape perfect. To three cucumbers take three-quarters of a cup of soft bread crumbs, and rub into them butter the size of a small egg and a teaspoonful of finely chopped onion; season this with a large saltspoonful of salt and a good dash of cayenne. Sprinkle a saltspoonful of salt over the cucumbers, fill them with the seasoned bread crumbs and bake until cucumbers are very soft and the filling a nice brown.

Banana Ice Cream—Pare and beat eight bananas to a smooth paste. Put one pint of cream to boil in a farina boiler; when hot, add one-half pound of sugar, stirring until dissolved. Add the bananas to the cream and sugar when cool; then add one pint of milk, and turn into the freezer and freeze.

Marion Wilson.

No. 6407 Lexington Avenue, Chicago.

WEDNESDAY, AUGUST THE EIGHTEENTH.

BREAKFAST.

Granola and cream.
Fried potatoes. Egg omelet.
Coffee.

LUNCHEON.

Cold veal tongue sliced.
Sliced tomatoes. Potato salad.
Tea, hot or cold.

DINNER.

Broiled steak, with Bordelaise sauce.
Sweet potatoes, baked with sugar and butter.
Lima beans. Sliced cucumbers.
Snow pudding. Coffee.

Cold Veal Tongue—Take two veal tongues and cook in boiling salted water until tender. Leave in the water until cold and then remove the skin from them and slice very thin. This makes a pretty dish, garnished with celery leaves and hard-boiled eggs.

Broiled Steak, with Bordelaise Sauce—Place the broiler over hot coals or on the top of a very hot stove. Beat two pounds of round steak until tender, place on the broiler, and when brown on one side turn the other. When done place on a hot platter and spread over it hot melted butter and sprinkle over it a saltspoonful of salt and one of pepper. The sauce is prepared as follows, and may be served as a separate dish or poured over the meat: Chop one large onion very fine and fry to a light brown in one tablespoonful of butter. Mash six large ripe tomatoes through a sieve and pour in with the onions. When it begins to boil stir in it one clove of garlic, chopped fine, one saltspoonful of salt and two of pepper. Cook fifteen minutes.

Sweet Potatoes, Baked with Sugar and Butter—Steam four medium-sized sweet potatoes until tender, or slice them while raw, and cook in boiling water for ten minutes. Drain from the water and place a layer in the bottom of a baking dish. Sprinkle with sugar and place little pieces of butter over them. Fill the dish in this way, the sugar and butter being on top. Pour over them, nearly covering the potatoes, the water in which they were boiled and place in a hot oven for half an hour.

Snow Pudding—Two tablespoonfuls of cornstarch, and mix with a little cold water. Pour on this one cup of boiling water, cook until it looks like starch. Add two tablespoonfuls of sugar and the juice of one-half a lemon, also the whites of two eggs, beaten stiff, and beat all thoroughly together. Put in a dish and set away to cool.

Sauce: Boil one-half pint of milk. Stir in it two ounces of sugar, a half-tablespoon of butter and the beaten yolks of two eggs. Boil up once and let it get cool.

Mrs. W. U. Simons.

No. 227 South Eighth Street, LaCrosse, Wis.

THURSDAY, AUGUST THE NINETEENTH.

BREAKFAST.

Cantaloupe.
Graham mush, molded with fruit.
Eggs, Newport style. Muffins.
Coffee.

LUNCHEON.

Baked liver. Mustard pickles.
Whole-wheat gems. Astrakhan jelly.
Lemonade.

DINNER.

Chicken, with cabbage or cauliflower.
Mashed potatoes. Sliced tomatoes.
Peach delight. Delicate cake.
Coffee.

Graham Mush—To three pints of boiling water use one pint of graham flour, one teaspoon of salt. Sift the flour in with left hand, while stirring constantly with the right, in order that it may be free from lumps. Let it boil for twenty minutes. Just before it is done stir in a dozen or more dates which have been stoned and cut in small pieces. Turn into a dish which has had cold water in, to prevent its sticking. By the time you are ready to serve it will cut in nice slices. Use sugar and cream. Most people make their mushes too stiff; they are not nearly so delicate. This is nice with a layer of jelly, then the cream. Berries and other fruits may be used also. Steamed figs, prepared the day before, are nice stirred in. It makes a fine dish for the children's breakfast or luncheon.

Eggs, Newport Style—Take one pint of bread crumbs and soak in one pint of milk. Beat eight eggs very light and stir with the soaked crumbs, beating five minutes. Have ready a saucepan, in which are two tablespoonfuls of butter, thoroughly hot, but not scorching; pour in the mixture, season with a dash of pepper and three-quarters of a teaspoon of salt as the mass is opened and stirred with the scrambling, which should be done quickly with the point of a knife for three minutes, or until thoroughly hot. Serve on hot platter with squares of buttered toast.

Baked Liver—Soak the liver in salt and water an hour to draw out the blood; wipe dry. Take a dozen strips of fat salt

pork as thick and wide as your little finger. Make incisions through the liver and insert the pork; flour it, sprinkle a little salt over and a dash of pepper. Bake in a hot oven for half an hour. Take up liver, place on a hot platter. Put one-half cup of boiling water in the pan, stir the gravy, add a pinch of salt, a teaspoonful of Worcestershire sauce, then pour it over the liver. Serve in slices one-fourth of an inch thick.

Mustard Pickles—Take cauliflower, little silverskin onions and small cucumbers; have about one peck in all. Look them over carefully and sprinkle one cup of salt between the layers. Pour boiling water over to cover; let them stand all night. Drain through colander and wipe dry the following morning. To one-half gallon of cider vinegar take one-half pound of mustard, one tablespoonful of turmeric, two and one-half tablespoons of curry powder, two tablespoons of ginger, one teaspoon of cayenne pepper. Stir all these last together with a little cold vinegar, until the lumps are out; then stir it into the half-gallon of vinegar, which is on the stove heating, and keep on stirring until it comes to a scald. Pour this over the pickles, stir it once or twice for a day or two and then put up in quart fruit bottles. It will fill twenty quart bottles and will last for a year. They are better and much more economical than to buy them ready made.

Whole-Wheat Gems—Three cups of flour, two heaping teaspoons of baking powder, one-half teaspoon of salt, one large tablespoon of lard. Rub the lard thoroughly into the flour; add enough water to make a very stiff batter. An egg well beaten is a great improvement. Pulverize the baking powder and stir it in last. Bake in gem pans for thirty or forty-five minutes.

Astrakhan Jelly—Take Astrakhan apples, wash them, quarter and core, but do not pare them. Cook until soft with one tumbler of water in a granite pan. Do this at evening; then put the apples in jelly bag and suspend over earthen dish, and let them drain all night; do not squeeze the bag if you want your jelly clear. To one pint of juice add one pound of granulated sugar; boil twenty minutes; then pour in jelly bowls or glasses. After a day or two pour melted paraffin over the top and seal.

Stewed Chicken with Cauliflower—Wash and cut the chicken up as usual. Have water to cover, one teaspoon of salt, a shake or two of pepper, and, if the chicken is tough, put in a piece of baking soda, size of a pea. When it begins to boil skim carefully. Let the cauliflower lie in salt and water for half an hour. Then divide it and put in steamer over the chicken. When both are done take them out and place neatly on large, hot platter, and put in warming oven. Take two tablespoons of cornstarch, stir smooth in a little cold water; add this to the gravy in kettle, and a small lump of butter; if not salt enough add a trifle more. Stir five minutes until it thickens and tastes done, then pour it over the chicken and cauliflower.

Peach Delight—Take good, ripe peaches; pare them, cut in halves, leave a few pits in, put them in a granite pudding-dish, a layer of peaches and one of sugar, until you have two layers of

peaches; dot it with bits of butter; add one teacup of water. Use one cup of sugar, in which you have thoroughly mixed two tablespoons of flour. Now make an upper crust thus: One and one-half cups of sifted flour, one-half cup of lard, one-third teaspoon of salt, just water enough to mix, and one teaspoon of baking powder. Stir with knife; handle as little as possible in rolling out; make incisions in crust for juice, which will not run over the oven bottom if dish is deep. It needs no sauce, but cream may be used if you wish. Serve in pieces like a pie, with fruit on top.

Delicate Cake—One cup of sugar, two scant tablespoons of butter, whites of four eggs, one-half cup of milk, one and one-half cups of flour, one heaping teaspoon of baking powder, stirred in just before you put it in the oven. It hardly seems necessary to give all the details in cakemaking (it has been given so many times in the menus). Sifting the flour and baking powder together, as most recipes prescribe, is a great mistake. Baking powder should never be added until everything else is in the dish and the mass thoroughly beaten. The reason will be appreciated by every thoughtful person. The moment the milk or other liquid comes in contact with the powder effervescence begins, and by the time the dough is ready for the oven it has entirely ceased. and the mass is likely to be as "dull, stale and profitless" as a glass of second-hand soda water. If all the other ingredients are well beaten, the powder added at the last moment and the cake put into the oven as hurriedly as possible, the process of effervescence will be assisted by the heat, and the dough will rise in a light, spongy mass. This is the secret of the extra-fine cake and biscuit that many non-professional housekeepers boast of. Why not let all have the benefit? It is quite as much of an accomplishment to be a good cook as it is to paint a good picture or execute a piece of music brilliantly.

Berries—A good way to prepare berries for winter use is to heat the berries and press them through a sieve, and to one pound of pulp and juice add three-quarters of a pound of granulated sugar, cook twenty minutes, seal hot or put in fruit cans. (In this way we get rid of the seeds, which are so hurtful, and which become harder by cooking.) I wanted this in the menu, but there did not seem to be any room for it.

Mrs. B. G. Wilbur.
No. 13 North Manning Street, Hillsdale, Mich.

FRIDAY, AUGUST THE TWENTIETH.

Chafing dish recipes

BREAKFAST.

Blackberries.
Lamb kindneys à la terrapin.
Potatoes—maitre d' hotel
Drip coffee.

LUNCHEON.

Eggs à la Carraccas.
Cottage cheese. Stewed wild plums.
Thin bread and butter.
Tea, hot or iced.

DINNER.

Cream of celery soup.
Fried white fish with tomato sauce.
Green corn. Boiled potatoes.
Compote of peaches.
Café Noire.

Lamb Kidneys à la Terrapin—Take six lamb kidneys, cut in halves. Throw into cold water and allow to boil about fifteen minutes. Make a white sauce of one tablespoonful of butter, one of flour, one teacup of milk, the butter added slowly after the former are smoothly mixed. Cut the kidneys into smaller pieces, with one hard-boiled egg chopped fine, half teaspoonful of salt, one-fourth teaspoonful white pepper, two teaspoonfuls minced parsley. Drop all into the hot sauce for two minutes. Cold chicken or calves' liver are also good prepared thus.

Potatoes—Maitre d' Hotel—Cut four large cold potatoes in rather thin slices. Melt butter size of an egg, the juice of half a lemon, a few leaves of parsley chopped very fine, one-half teaspoonful of salt, one-fourth of white pepper. Spread this, all mixed together, over the potatoes, cover long enough over the boiling water for the butter, etc., to penetrate the potatoes.

Eggs à la Carraccas—One-fourth pound of dried beef chopped fine, one tablespoonful minced onion, one cup stewed tomatoes, four raw and two hard-boiled eggs, two tablespoonfuls of butter, two tablespoonfuls grated cheese, one-quarter teaspoonful of salt, dash of cayenne. Put onions first in the melted butter, then the tomatoes, then the chopped beef, the eggs, cheese and seasoning, each in quick succession. Stir like scrambled eggs. Serve on very flaky crackers or toast squares, garnish with the hard-boiled eggs, sliced. A dish for the gods.

The ordinary red wild plum now so abundant and cheap has a rich flavor when stewed and sweetened. Serve cold in large saucers, with tablespoonful of the cottage cheese in same dish. To be eaten together with bread and butter.

Cream of Celery Soup—One bunch of celery, one pint of water, one pint of milk, one tablespoonful minced lemon peeling, one tablespoonful minced onion, one tablespoonful of butter, one tablespoonful flour, one-half teaspoonful salt, one-fourth teaspoonful white pepper. Cook the celery twenty minutes in the water, the onions minced very fine in the milk. Combine them with the seasoning and serve quickly after three minutes together.

Compote of Peaches—Cut the pared peaches in halves, put in

the sauce-pan, allow them to become heated through in their own juice, with four tablespoonfuls of sugar sprinkled over. Moisten one tablespoonful of cornstarch with cold water, add two teaspoonfuls lemon juice and one egg very lightly whipped. Put the peaches on squares of sponge cake hollow side up. Take the sirup of their juice and mix the cornstarch, etc., in it. Place on stove and allow them to bubble up together, and when slightly cooled pour over the peaches; put in a cold place. The sirup will jelly all about the fruit and form a delicious dessert. Serve with plain cream. This may be prepared an hour or two before dinner.

Laura H. Clark.

No. 2552 Prairie Avenue, Chicago.

SATURDAY, AUGUST THE TWENTY-FIRST.

BREAKFAST.

Iced melons.
Broiled mackerel. Shredded wheat biscuit and tomatoes.
Coffee.

LUNCHEON.

Meat popovers. Rice à la Turque.
Baked apples. Lemon buns.
Orange tea.

DINNER.

Clam bisque.
Lamb chops, with mushrooms.
Potatoes. Stuffed tomatoes.
Peaches and cream. Citron cake.
Coffee.

Shredded Wheat Biscuits, with Tomatoes—Split into halves three biscuits; place in baking pan. Pour over sufficient milk to soak them, about four tablespoonfuls to each, and over each one teaspoonful of melted butter. Peel and cut in slices four solid tomatoes; place them on the biscuits and bake in quick oven fifteen minutes. Dust a little salt and pepper over the tomatoes and put a tablespoonful of butter in little bits over the whole. Transfer carefully with cake turner to hot dish and serve. This is a quickly prepared, appetizing and nutritious dish.

Meat Popovers—Mince very fine one breakfastcupful of cold meat; if from leg joint, crack the bone and use the marrow; it will very much improve the flavor of dish. Take two eggs, beat them, add breakfastcup of flour and same of milk, half teaspoon salt, pinch cayenne pepper. Beat the batter well, add the meat, have gem pans hot and well greased, drop a good tablespoonful into each pan and bake fifteen minutes.

Gravy—Make half pint of stock from the bones, wash well the skins and stems of mushrooms you will use for dinner, add them to stock, strain and thicken with one teaspoonful of cornstarch; add one pickled gherkin chopped fine and one-fourth teaspoonful salt. Put the peeled mushrooms on ice or they will turn black.

Rice à la Turque—Put into a sauce-pan three teacups stock or water and a tablespoonful extract of beef. Peel three tomatoes, cut small and add to stock; let come to a boil and strain. Put liquor back into pan and throw in one cup of Patna rice which has been well washed and dried; let remain on stove till rice has absorbed all the liquid; add teaspoon salt, quarter teaspoonful pepper; just before serving add half ounce butter, stir lightly to separate the grains.

Orange Tea—Peel and take off all the white skin from an orange; put a slice in each cup and pour over a light tea, hot; sweeten to taste; cream spoils it; very refreshing.

Clam Bisque—Take a pint of clams, pick them over and chop them fine; put them into a pint of water, adding all their liquor; set them on the stove and stew till all the goodness is extracted; say twenty minutes. Strain and set the liquor to settle; put a pint of milk to boil, thicken with a tablespoon of flour mixed with a little cold milk; strain the clam liquor very carefully lest there should be sand or bits of clam. Add to the milk, put in a tablespoonful of butter, one-half teaspoon of salt and pinch of cayenne. Serve hot.

Lamb Chops—A pound and a half nice loin chops. Put one ounce of butter or drippings in pan; when hot put in the chops; half cook and turn them over. Take the mushrooms already peeled (one-half pound), put them on the chops, cupside up; sprinkle over them one-half teaspoon salt and one-fourth teaspoon pepper. Take two ounces butter, break into bits and put on the mushrooms, return to oven and cook ten minutes longer; the mushrooms should be quite tender.

Stuffed Tomatoes—Mix well together one cupful fine bread crumbs, one tablespoonful finely minced parsley, one tablespoonful melted butter, half teaspoon salt, pinch cayenne, and two well beaten eggs. Scoop out six large tomatoes, fill with mixture and bake twenty minutes.

Citron Cake—Lemon Buns—Six ounces of butter and six ounces of sugar; beat to a good cream. Add yolks of four eggs, beat again; put two teaspoonfuls of baking powder into three-quarters of a pound of flour and sift into mixture; add one teacup of milk and thoroughly well beat. Add the whites of the eggs previously beaten to a stiff froth; now stir lightly a few turns to mix the whites in. Divide the mixture; put half teaspoon lemon to one-half and fill gem pans; bake in moderate oven. Cut two ounces citron peel very thin and add to other half and bake in cake tin.

Hints—For baking choose apples which will give under the thumbs, when pressed.

To prevent your cakes from sticking, flour your tins after greasing them.

To make your cakes light, do not beat the mixture after you have added the whites of the eggs.

Use Patna rice if you wish the grains to separate nicely.

Holland, Michigan. Mrs. C. Birchby.

SUNDAY, AUGUST THE TWENTY-SECOND.

BREAKFAST.

Snow watermelon.
White soufflé. Buttered toast.
Hot coffee.

LUNCHEON.

Ham à la venison.
Hot rolls.
Fresh gingerbread. Curds.
Iced tea.

DINNER.

Black bean soup.
Veal oysters. Delmonico potatoes.
Carrots and green peas.
Frozen peaches. Coffee.

Snow Watermelon—Take the heart out of a melon that has been on ice and cut in thick slices. Make snow by pounding a piece of ice in a clean crash bag until it looks like snow. Have the plates cold by placing them in the ice box for half an hour, and put a heaping tablespoonful of snow on each slice. Dainty and delicious these hot mornings.

White Soufflé—Take one set of calf's brains, which are sold at 8 cents at this season, and remove the red membrane; soak them in cold water for ten minutes and then place them to cool in a pint of cold water, in which you have put one tablespoonful of lemon juice and half a teaspoonful of salt. Boil ten minutes, take from the fire and plunge into cold water to harden. Cut into dice, and mix with a cupful of white sauce made with one tablespoonful of butter, one heaping tablespoonful of flour melted together, and one coffee cup of hot milk, added when perfectly smooth. Season with one teaspoonful of chopped parsley, three shakes of black pepper and two of red pepper, one-quarter teaspoonful of salt and five drops of onion juice; add two well-beaten eggs, yolks only, and set away to cool; then add the whites of the eggs beaten very stiff, and bake twenty minutes in a hot oven. Serve immediately.

Buttered Toast—Cut thin slices of white bread. Toast to a golden brown on both sides, spread with sweet, fresh butter and send to the table piping hot in a napkin.

Coffee—Grind your coffee fresh every morning if you want it good, and make it at the table in a Marion Harland or French coffee pot. Allow one tablespoonful for each person. Have the water boiling and the pot hot, and serve with rich cream.

Ham à la Venison—Take eight or ten thin slices of cold-boiled ham. Spread each slice with a thin coating of made mustard, and add a dash of cayenne pepper to each slice. In your blazer put one tablespoonful of butter and a third of a tumblerful of currant jelly; melt together. Then lay in enough slices of ham to cover the dish, and let them brown a little. Serve very hot. An old English recipe, and a very good one. Try it.

Soft Gingerbread—One cup of molasses, one teaspoonful of soda, one large tablespoonful of ginger, one-half teaspoonful of salt, one-half cupful of butter, one cup of milk and three cups of pastry flour. Mix in the order given and bake in small tins thirty minutes.

Curds—You can buy such delicious curd at the creamery now that it is hardly worth the while to make it at home. Still if one has plenty of sour milk it is well to know how to make the curd. Take two quarts of solid clabber, put on back of stove, where it will get hot, but not boil. When the curd separates from the whey turn it into a cheese cloth bag and let it dry several hours. Turn out and mix with it one-half teaspoonful of salt, two tablespoonfuls of cream; mix lightly. Serve in a small glass dish. Should the milk boil the curd is ruined, as it becomes hard and indigestible. This is delicious with warm gingerbread.

Iced Tea—Allow one teaspoonful of tea to one cup of water for each person. Steep in cold water four hours. Fill tall glasses one-third full of cracked ice; fill up with tea, and serve with thin slices of lemon and sugar to suit taste.

Black Bean Soup—Two cups of black beans soaked over night. In morning put on to boil in two quarts of cold water, with one small onion and two large tomatoes. Boil four or five hours, or until beans are soft. Add water as it boils away. Strain and rub through a sieve, and add one tablespoonful of flour and two of butter, mixed thoroughly together, with one-half cup of cold water; add while soup is boiling. Season with one full teaspoonful of salt and half a level teaspoonful of pepper, two dashes of cayenne and a saltspoonful of mustard. Cut a lemon and two hard-boiled eggs in thin slices, put into the tureen and pour the hot soup over them.

Veal Oysters—Get one and one-half pounds of tender veal from the leg, cut into pieces size and shape of an oyster, dip in olive oil and roll in fine cracker crumbs. Then dip into egg and then into cracker crumbs again. Season each piece with a small pinch of salt and a dash of pepper on each side; dip into hot fat and fry a delicate brown. Serve piled up in the center of a platter. Surround with crisp lettuce leaves. In the center of half a dozen of the lettuce leaves put a heaping teaspoonful of tartare sauce. Serve the lettuce with the veal.

Tartare Sauce—One teaspoonful of mustard, one-half teaspoonful of salt, ten drops of onion juice, yolks of two eggs, one-half teacupful of oil, three tablespoonfuls of vinegar, and a tablespoonful each of capers, parsley and olive. Mix in the order given; add the yolk, and beat well; add oil slowly, and the vinegar a little at a time. Then add the chopped ingredients, and put on ice until served.

Carrots and Green Peas—Boil one pint of green peas until tender. Boil one pint of carrots cut into dice until tender. Mix and season with a tablespoonful of butter and half of a teaspoonful of salt.

Delmonico Potatoes—Pare and cut into very small dice enough potatoes to fill a quart measure. Butter a granite dish (one two inches deep), and put a layer of potatoes and a sprinkle each of salt, pepper, chopped onion and parsley; dot bits of butter about two inches apart all over. Then another layer of potatoes, with the seasoning and butter, until all the potatoes are used. Fill up with milk enough to let the potatoes show through, and bake in a moderate oven three-quarters of an hour. It will take two tablespoonfuls of butter, one teaspoonful of salt, half a teaspoonful of pepper and one tablespoonful of chopped onion and parsley together. These potatoes are especially good with meats that are served without gravy. They should be rich and creamy. Should they get too dry in baking, add more milk.

Frozen Peaches—Pare and slice enough ripe peaches to make a quart; add one pint of sugar and one quart of cold water. When the sugar is dissolved, freeze. Serve with macaroons.

Mrs. L. White.

Station A, North Side, Chicago.

MONDAY, AUGUST THE TWENTY-THIRD.

BREAKFAST.

Steamed apples.
Breakfast bacon. Fried potatoes.
Green corn cake. Coffee.

LUNCHEON.

Thin bread and butter. Cucumbers and cream.
Apple-custard pie. Cheese straws.
Iced milk.

DINNER.

Tomato cream soup.
Smothered steak. Baked potatoes.
Lima beans. Cold slaw. Corn pudding.
Lemon ice. Coffee.

Steamed Apples—Take some cooking apples (about five or six) and one-half cup sugar. Quarter and core the fruit, but leave the skin on. Put in vegetable dish, a layer of apple and one of sugar, until you have two layers of each. Place in steamer. When done serve from same dish, as they should be eaten while warm. Sprinkle a little more sugar on each dish on top.

Breakfast Bacon and Fried Potatoes—Cut bacon in very thin slices. Have the frying-pan sizzling hot when the meat is put in. When done to a crisp lay on hot platter, but leave the fat in pan. Now slice some cold boiled potatoes lengthwise (either Irish or sweet ones) and fry them in the hot bacon fat. With a shake of pepper it seasons them nicely.

Green Corn Cake—Cut the corn from the cob, the same as in directions for Indian pudding (in this menu). Use four large young ears. If small corn is used it will need double the quantity. Melt a tablespoonful of butter, add a teaspoonful of flour, a cup of sweet milk and the yolks of two eggs, well beaten and added carefully to the milk after it has begun to boil. Stir in the corn, a quarter teaspoonful of salt, and finally the whites of the eggs, well beaten to a stiff froth; pour the mixture into two deep pie plates and bake for twenty minutes in a hot oven.

Cucumbers and Cream—Slice very thin four large cucumbers, salt them and let stand one hour. Squeeze them in a piece of cheese cloth. Take one-half cup of sweet cream; whip it until light and pour over them; add one cup of good vinegar. Serve at once. This is a German dish, and a novelty; but just try it.

Apple Custard Pie—One quart of tart stewed apple sifted through sieve, one-fourth of a pound of butter, four eggs, one heaping cup of sugar; then taste, and if not sweet enough add a little more sugar. Now make a nice crust, only an under crust (directions have been given for pastry so often in this column of The Record it is not necessary to repeat.) If you wish you can save out the whites of two eggs and put on a meringue top, but it is good enough without.

Cheese Straws—Three tablespoonfuls of flour, three tablespoonfuls of rich cheese grated, one tablespoonful of melted butter, one tablespoonful of milk, one egg (yolk only), one saltspoonful of salt, one-half saltspoonful of red pepper and same quantity of nutmeg. Mix the dry ingredients, add milk, egg and butter; stir with spoon and add enough flour to roll; roll very thin and cut into sticks three or four inches long. Bake in a slow oven until light brown. Serve with pie or with black coffee.

Smothered Steak—A good way to cook a tough steak: One pound and a half of steak, five or six medium-sized onions, one cup of water. Slice the onions and put a layer in spider; then the steak, another layer of onions on top, a few dashes of pepper. Cover closely, but watch it, and if the water boils away add more hot water from the teakettle. When onions are done the meat will be tender. Lay on hot platter. Take two tablespoonfuls cornstarch, mixed smoothly in cold water, add one half teaspoon level full of salt, stir it in the gravy until it tastes done, then pour it over the steak.

Cold Slaw—Has disappeared from most tables, and yet it is extremely palatable, especially in hot weather. Beat two eggs in a bowl that fits in the top of a teakettle; add a gill of vinegar and water mixed, an ounce of butter and an even teaspoonful of salt. Place bowl over boiling water, and when hot stir the contents until they become as thick as custard. Strain and leave it to cool, and when quite cold pour over raw sliced cabbage, only the white inside leaves being used.

Corn Pudding—Select firm, sweet ears of good sized corn cut from the cob in the following manner: With a keen-bladed knife cut the corn off the cob, cutting only to the depth of half the kernel; scrape off the rest. This leaves a large portion of the husk of the kernel on the cob, and removes none of the cob, as is frequently the case when the corn is cut close. To twelve ears of large sweet-corn, cut from the cob in this way, add a pint and a half of rich milk. Beat four eggs with a teaspoonful of salt; add, also, a pinch of pepper. Bake the pudding in a greased granite dish in a slow oven for two hours.

Lemon Ice—Two quarts of water, four teacups of sugar, two tablespoonfuls of flour. Boil; when perfectly cold add the grated rind of two lemons and the juice of four, and the whites of four eggs well beaten. Mix the flour and sugar thoroughly before putting it in the water to boil. When cold turn it into the freezer, and freeze by turning, opening it three times to beat it all up together.

Note:—Apples, it is said, are now considered to contain far more brain food than any other fruit or vegetable, and to be much more nutritious than potatoes, which enter so largely into the component parts of every meal.

Fanny Cressy Wilbur.

No. 13 No. Manning Street, Hillsdale, Mich.

TUESDAY, AUGUST THE TWENTY-FOURTH.

BREAKFAST.

Peaches with sugar and cream.
A Spanish delicacy. Duchesse potatoes.
Graham puffs. Coffee.

LUNCHEON.

Salted-walnut sandwiches. Saratoga chips.
Sliced tomatoes.
Moonshine. White cake.
Iced tea.

DINNER.

White soup. Crackers.
Cutlets à la duchesse. Mashed potatoes.
Corn timbales.
Rice and apple pudding.
Coffee.

A Spanish Delicacy—Heat an earthen dish over a moderate fire and melt in it a piece of butter the size of an egg; add a small onion, minced fine, one-half teaspoonful of salt, a dash of pepper, a teaspoonful of minced parsley, and as much minced Chile pepper or a tablespoonful of sweet pepper; break six eggs, one by one, into the boiling butter, and turn them as soon as they are set, using great care not to break the yolks. Serve very hot in the same dish.

Graham Puffs—One and one-half cups of graham flour, one cup sifted wheat flour, two teaspoonfuls of sugar, half a teacupful of butter, half a teaspoonful of salt, two cups of new milk, three eggs. Mix salt and flour; add the milk, and beat smooth; froth the yolks of the eggs separately from the whites; cream the butter; add the eggs and then the batter. Bake in buttered gem pans from thirty to forty minutes, but do not keep them in the oven after they have well popped over the cups. Serve at once.

Salted-Walnut Sandwiches—Spread very thin slices of Boston brown bread with butter; then chop walnuts rather fine, sprinkle with salt, and put a layer of the nuts between two slices of bread. One and one-half cups of nuts will be required for ten slices of bread.

Moonshine—Beat the whites of six eggs in a broad plate to a very stiff froth; then add gradually twelve tablespoonfuls powdered sugar, beating for not less than twenty minutes, and then beat in three large peaches, which have been pared and cut in tiny bits, and set on ice until thoroughly chilled. In serving, pour in each saucer some rich cream, sweetened and flavored with vanilla.

Cutlets à la Duchesse—Two pounds of lamb cutlets, one large cupful of cream, one tablespoonful of onion juice, four tablespoonfuls of butter, one of flour, two whole eggs, the yolks of four more, two tablespoonfuls of finely chopped ham, one of lemon juice, one teaspoonful salt and one-quarter teaspoonful pepper. Put two tablespoonfuls of butter in a frying-pan. Season the cutlets with some of the salt and pepper, and when the butter is hot put them in it, fry gently for five minutes, set away to cool. Put the remainder of the butter in a small frying-pan, and when hot stir in the flour. Cook one minute, being careful not to brown. Stir in the cream. Have the ham, the yolks of eggs and the onion and lemon juice beaten together. Stir this mixture into the boiling sauce. Stir for about one minute and remove from the fire. Season well with remaining pepper and salt. Dip the cutlets in this sauce, being careful to cover every part, and set away to cool. When cold dip them in beaten egg and bread crumbs. Fry in boiling fat for one minute. Arrange them in a circle on a hot dish, and have green peas in the center and cream sauce poured around.

Corn Timbales—Beat six eggs just enough to mix, add one-quarter of a teaspoonful of white pepper, one-half a teaspoonful of salt, one and one-half cupfuls of milk, two cupfuls of grated corn. Stir well and fill the greased molds two-thirds full. Set in

a pan, pour boiling water around them, cover and bake in a moderate oven until the centers are firm. Serve with cream sauce.

Rice and Apple Pudding—Two heaping tablespoonfuls of rice, half a pint of milk, two eggs, three tablespoonfuls of sugar, six sour apples. Boil the rice in the milk; when quite soft, add yolks of eggs and sugar, and let it cook three minutes, stirring rapidly. Take from the fire and line a pudding-dish with it, and fill up the center of the dish with the cored and pared tart apples, which have been stewed soft in sugar and water with the rind and juice of a lemon. Beat the whites of the eggs to a stiff froth and spread them over the apples and rice; scatter sugar plentifully over the top, and brown quickly in the oven. Janet Van Allen.

Bozeman, Mont.

WEDNESDAY, AUGUST THE TWENTY-FIFTH.

An economical day in an "Old Dominion" kitchen.

BREAKFAST.

Muskmelon.
Flapjacks. Quaking omelet.
Fried Apples.
Coffee.

LUNCHEON.

Jelly fritters.
Frizzled beef. Rusks.
Watermelon diamonds.

DINNER.

Virginia fried chicken.
Mashed potatoes. Tomato mayonnaise.
Egg corn bread.
Grandmother's apple dumplings.

Flapjacks—One pint of sour milk or cream, one pint of flour, pinch of salt, two eggs, a level teaspoon of soda; beat all together and bake on a well-greased griddle. A piece of pork an inch square, run on a tin fork, makes a nice greaser.

Quaking Omelet—This is a simple breakfast dish. It calls for four eggs, a tablespoonful of milk, one-third teaspoonful of salt, a quarter saltspoonful of pepper. Whip the whites into a stiff froth and place in a pan of boiling water and let cook until firm. In the meantime beat the yolks and milk together and turn into a hot frying-pan, which has been well buttered; sprinkle on salt and pepper, and set the frying-pan in the oven, and let remain six minutes. Carefully dish the whites, without breaking them, on to

a hot dish, and turn the yolks out on them exactly in the center, leaving a white rim all around, and you have a pretty dish.

Fried Apples—Take three large, sour apples, pare and then core with an apple-corer (a little tin instrument worth its weight in gold, but costing only 5 cents), then cut across in thin slices and fry in hot fat; when done lay on porous paper to drain, then dish and sprinkle with white sugar.

Jelly Fritters—Put three tablespoonfuls flour into a bowl and pour over it sufficient hot water to make it into a stiff paste, stirring well to prevent its getting lumpy. When cool break into it the yolks of two eggs, then the whites, stir and beat all together. Drop a dessertspoonful of batter into hot fat and fry a light brown. Serve on a hot dish with a spoonful of currant jelly on each. These are to be eaten with sweetened cream or maple molasses.

Frizzled Beef—Chip a quarter-pound of dried beef as thin as paper with a very sharp knife; melt a teaspoonful of butter in a frying-pan, stir the beef about in it for two or three minutes and serve.

Watermelon Diamonds—Take a fully ripe watermelon, put on ice until thoroughly cold, slice, remove the seed, and cut into diamond shapes; place in a glass dish and sprinkle each layer with sugar. Serve as any other fruit in saucers. You will be delighted.

That nothing need be wasted, you can make delightful preserves out of the rind.

Virginia Fried Chicken—We will omit the soup to-day, as we have cream gravy with the chicken, and begin our dinner with this dish. If you live in the city, we will suppose you have bought your spring chicken ready dressed (though it is cheaper to buy them alive and have them dressed at home). At this time of year it should be of good size, so we will divide it into eleven pieces, but we will take only the best for our fry, leaving the bony parts (which it is a waste to fry) for a breakfast stew; these cooked with potatoes and a dressing of milk and butter added are very nice. Take two tablespoonfuls of flour, into which you have sifted one teaspoonful of salt and one-half teaspoonful of pepper, roll the pieces of chicken in this and place in a frying-pan in which two tablespoonfuls of suet and butter mixed has been heated; cover until brown on one side, then turn and cover again. When both sides are a golden brown, set on the back of the stove where it will cook slowly until you are ready to serve it. Dish on a hot platter and garnish with curled parsley.

Pour into tne frying-pan a teacup and a half of milk; when it boils up stir in a teaspoonful of flour which has been moistened with milk or water and rubbed into a smooth paste; add a half-teaspoonful of salt, a quarter-teaspoonful of pepper and a teaspoonful of chopped parsley. Serve with the chicken, in a gravy-boat.

Egg Corn Bread—One egg, one teacup of sour milk, one cup of cornmeal, one-half cup of flour, one tablespoonful of sugar, one tablespoonful of lard, one-half teaspoonful of salt, one-half tea-

spoonful of soda dissolved in one tablespoonful of hot water. Beat all together and bake in a cake-pan in a hot oven.

Southern Mashed Potatoes—I have never eaten any potatoes that tasted quite so good as those cooked by my "old mammy," but I will try and tell how I have seen her do it; as for her telling how she did it, she neither would nor could. After six large potatoes were boiled and mashed they were seasoned with a tablespoonful of butter, a teaspoonful of salt, a half-teaspoonful of pepper and a half-cup of cream—if she had it—then they were beaten into snowflakes and heaped into a mound on a pie-plate, topped with a teaspoonful of butter, placed on the upper shelf of the oven and baked until the whole outside was a rich brown; when eaten these flakes simply melted in the mouth.

Apple Dumplings—To prepare a paste for this favorite dessert take one pint of flour, one tablespoonful of lard, one-half teaspoonful of soda dissolved in hot water, one teaspoonful of cream of tartar and one-half teaspoonful of salt, sifted through the flour. Use sweet milk or water and mix the dough a little stiffer than for biscuits; roll out a little thicker than pie crust, cut into squares and put in the center of each a nice, sour apple, pared and cored; fill the hole left by the core with sugar, a bit of butter and a clove; bring the corners of the dough together, pinching well to make a firm ball; tie in loose cloths, which have been dipped in hot water and floured on the inside. Boil steadily in plenty of water one hour. Some prefer these steamed or baked. Serve hot with sweetened cream or butter and sugar. Dumpling cloths may be crocheted in a close stitch from stout tidy cotton if desired. They leave a pretty pattern upon the paste when opened.

This is an economical and delicious dinner, prepared as an "old Virginia" cook would do it. It is nicest served in two courses only. The order in which it should be prepared, so that no dish may be spoiled by waiting for the rest to cook, is as follows:

First, prepare the tomatoes, omitting the dressing, and place on ice; next pare the potatoes and lay in cold salt water; then cut up and wash the chicken. Now see to your fire and get the water for your dumplings ready; then prepare the apples and make the dumplings; this should be done about one hour before time to serve the dinner. As soon as they are bobbing about in the boiling water, put on the potatoes; now it is time to make the corn bread and put the chicken on to fry; by this time the potatoes are ready to prepare for baking, and you have all your dinner under way. Margaret M. Withrow.

Lock Box No. 13, Lexington, Va.

THURSDAY, AUGUST THE TWENTY-SIXTH.

BREAKFAST.

Melons. Oatmeal.
Chicken hash on toast.
Top knots. Coffee.

LUNCHEON.

Ham sandwiches. Olives.
Hot biscuits. Sliced peaches.
Iced tea. Hermit cookies.

DINNER.

Bouillon.
Stuffed meat peppers.
Baked potatoes. Baked cabbage.
Tomato salad.
Cream Boulie. After-dinner coffee.

Chicken Hash on Toast—Put one and a half cups water, lump of butter half as large as an egg, one-quarter teaspoonful of salt and a dash of pepper in a stew-pan; add a cup of chicken (or veal) picked up from what was left from a previous dinner. Boil up and thicken with one spoonful of flour rubbed smooth in a little milk. Serve hot on moist toast.

Top Knots—Two eggs, quarter teaspoonful of salt, one teaspoonful of sugar, one tablespoonful of butter (before melting), one and a half cups of milk, two cups of flour and one teaspoonful baking powder. Bake in very hot oven twenty minutes.

Ham Sandwiches—Take one package of potted ham, add a little pepper, one teaspoonful mustard and vinegar to make thin enough to spread nicely. Spread thin slices of bread. Cut in squares and serve.

Hermit Cookies—One and a half cups of brown sugar, one cup of butter, half teaspoonful soda dissolved in two tablespoonfuls water, three eggs, pinch of salt, half a nutmeg, one and one-half cups chopped raisins, three and a half cups of flour, in which one teaspoonful of cream of tartar has been sifted; also flour the raisins before adding. Drop the dough from the spoon without connecting. Bake.

Stuffed Meat Peppers—One and a half pounds lean beef or veal chopped, two tomatoes chopped (or half a cup of stewed tomatoes), one cup of bread crumbs, one small onion and two stalks of celery chopped, one tablespoonful butter, with six cloves in while melting, one tablespoonful Worcestershire sauce. Mix thoroughly; have ready nine green sweet peppers, with seeds removed and soaked in salt water for six hours. Stuff the peppers with the mixture; stand up on points in a baking dish; put half spoonful of butter or drippings on top of each; pour a little boiling water around them. Bake one and a half hours.

Baked Cabbage—Parboil one head of cabbage fifteen minutes, pour off water, put on fresh boiling water and cook until tender. Let it get cold. Chop, add two beaten eggs, one tablespoonful of butter, three tablespoonfuls of cream, a heaping saltspoonful of pepper and three-quarters teaspoonful of salt. Mix and bake until brown. Serve hot.

Cream Boulie—One quart of milk, boil and add one-half cup of sugar; boil up and set back to keep warm; take half a cup of sugar, one spoonful of water, dissolve and brown on stove to your taste, stirring constantly while browning; add this to the milk and sugar and add three small tablespoonfuls cornstarch and three eggs beaten with a pinch of salt; cook up, strain, let cool and freeze.

This is a convenient menu where one is limited as to number of stove burners, as it is all baked at once.

Jennie M. Phelps.

Masonville, Delaware Co., N. Y.

FRIDAY, AUGUST THE TWENTY-SEVENTH.

BREAKFAST.

Green corn omelet served with lettuce.
Popovers. Fried bananas.
Coffee.

LUNCHEON.

A luncheon relish. Potato cream.
Cheese and celery sandwiches.
Pears. Milk punch.

DINNER.

Rice and tomato soup.
Black sea bass, boiled—poulette sauce.
Potato balls—parsley butter.
Stewed cucumbers.
Apple charlotte. Tea.

Popovers—Beat two eggs very light, add two cups of flour and two cups of milk, one saltspoon salt. It is better to mix the flour with only a part of the milk into a very smooth batter, then add the egg and the remainder of the milk. No baking powder is required. Beat well; have gem pans very hot and well buttered and the oven very hot. Fill irons two-thirds full and bake.

Fried Bananas—For the finishing touch to a summer breakfast nothing is more delicious than fried bananas. Choose fine, ripe fruit; draw off the skins and cut each banana in two crosswise. Salt them lightly, dip each in beaten egg; then roll in cracker crumbs. Cook till a delicate brown in deep, boiling fat. Serve with a rich fruit sauce made of one cupful of boiling water, butter the size of an egg, a cupful of sugar, a tablespoonful of cornstarch, one-half cupful of minced fruit, consisting of seeded raisins, chopped citron and English currants and three tablespoonfuls of lemon juice. Mix sugar and cornstarch.

Melt the butter in the boiling water and pour upon sugar and cornstarch. Cook three minutes and add the other ingredients. Unless the butter is quite salty the sauce is improved by adding a trifle of salt.

A Luncheon Relish—Take a couple of lambs' hearts and livers, stew them gently in water sufficient to cover them until done; then chop fine, add half a cup of bread crumbs, half a teaspoonful of salt, a teaspoonful each of chopped thyme, parsley and onion. Put all with the liquor in which they were cooked, boiled down to a gravy (or a cupful), in a pan and bake half an hour. Garnish with three or four hard-boiled eggs, cut into rings and serve, or the eggs can be omitted.

Potato Cream—Peel, boil and mash six medium-sized potatoes, seasoning with a tablespoonful of butter, a teaspoonful of salt, half-saltspoonful of pepper and lastly the well-beaten whites of four eggs, mixed in until the mass is creamy. Set in oven to get very hot.

Cheese and Celery Sandwiches—Whip a gill of cream, thick and sweet, and add to it sufficient grated cheese (Parmesan if preferred, but any sharp, well-flavered American cheese that can be grated will answer) to make a stiff paste; spread with this and sprinkle thickly with very finely minced white stalks of celery. These must be made just before serving, as they soon become tasteless if made of Parmesan cheese. If sapsago cheese is used only a very thin layer of it is required.

Milk Punch Without Liquor—For each person beat thoroughly an egg with a teaspoonful of sugar; add to this two-thirds of a goblet of shaved ice and milk; cover closely with a shaker, or a large goblet inverted, and shake up and down until the ice is nearly melted. Dust the top with grated nutmeg.

Rice and Tomato Soup—This is a nice summer soup, and a pleasant change from meat soups. Use one can or its equivalent in fresh tomatoes, one-third of a cupful of rice, a large onion, a large slice of carrot, a quart of water, three tablespoonfuls of butter, three teaspoonfuls of salt, half a teaspoonful of pepper and two tablespoonfuls of flour. Cut the onion and carrot very fine, and put them into a small frying-pan with the butter. Cook slowly for twenty minutes. Put the tomato and a quart of water into a stewpan and bring to a boil. Skim the vegetables from the butter, and add them to the tomato and water. Put the flour with the butter remaining in the pan, and cook until smooth and frothy, stirring all the while; then add the mixture in the stewpan, and set the pan where its contents will simmer for half an hour. Then rub this mixture through a sieve, pressing everything through except the seeds and skins. Wash the rice and put it in the soup pot, pouring the strained mixture over the rice. Add the salt and pepper, and set the soup-pot where its contents will cook slowly for an hour. Stir the soup several times to prevent the rice from sticking to the kettle. Serve very hot.

Black Sea Bass—Procure a fish weighing two and a half or three pounds; cleanse and dress well; put it in a fish-boiler in

slightly salted water and a gill of vinegar. If you have no fish kettle, wrap the fish in a piece of stout white muslin before putting in water. This holds its shape and prevents wasting. Fish should never boil violently, but simmer gently. Sea bass of this size should simmer half an hour. When done remove the fish to a hot platter and serve with a sauce. Fresh fish, if boiled, is much more delicate and better suited to an invalid, or one whose digestion is weak, than when cooked in any other way.

Poulette Sauce—This is nice with boiled fish or fowl or delicate vegetable. Take half a cupful of butter, three tablespoonfuls of flour, the yolks of three eggs, one pint of stock or water, one tablespoonful of lemon juice, one-eighth teaspoonful pepper, one level teaspoonful salt. Beat the butter and flour together until smooth and light, then add salt, pepper and lemon juice. Gradually pour the boiling stock or water upon this mixture, and simmer for ten minutes. Beat the yolks in a small saucepan, and gradually pour the sauce upon them. Set the saucepan in another containing boiling water and stir for two minutes; then remove from the stove without delay.

Parsley Butter—Beat three tablespoonfuls of butter to a cream, add one-half a tablespoonful of lemon juice and one of parsley, chopped, half a teaspoonful of salt and one-eighth teaspoonful of pepper. Beat these ingredients into the butter and it is ready for use. This is also nice to spread upon fried or boiled fish, and then it should have a full tablespoonful of lemon juice.

Stewed Cucumbers—After peeling, cut four or five large cucumbers into slices half an inch thick; just cover them with hot water, and boil them ten or fifteen minutes, till they are tender, but not broken; then drain off the water. Put two cups of cream in a saucepan, season with a teaspoonful of salt and one-eighth teaspoonful of pepper and a half-tablespoonful of butter. When it comes to a boil drop in the cucumbers and let them get heated through, shaking the saucepan to prevent burning. This may be served on slices of toast like asparagus, and is a very delicate dish.

Apple Charlotte—Use a quart of sliced sour apples, a pint of fine bread crumbs, a cupful of sugar, a pint of sweet milk, a tablespoonful of butter, a teaspoonful of cinnamon, one or two eggs, a pinch of salt. Steam the apples soft. Butter a pudding dish. Put alternate layers of bread crumbs and apple in the dish, sprinkling the apples with sugar and cinnamon, with a layer of crumbs on top. Beat the egg, using the remaining yolk from the potato cream, add the salt and milk and turn the mixture over the bread and apples. Place the butter in bits on top and bake in moderate oven half an hour, or until the milk is absorbed. Eat with sweetened cream. Shirley de Forest.

Box 596, Janesville, Wis.

SATURDAY, AUGUST THE TWENTY-EIGHTH.

BREAKFAST.

Grapes.
Rolled oats. Sugar and cream.
Boiled salted salmon. Baked potatoes.
Muffins. Coffee.

LUNCHEON.

Welsh rarebit. Sweet potato fritters.
Cake. Italian jelly.
Tea.

DINNER.

Mock bisque soup.
Beefsteak pie. Mashed potatoes.
Cauliflower. Celery and apple salad.
Apple John. Coffee.

Boiled Salted Salmon—Soak one pound of salted salmon all night. In the morning put in the skillet, with enough fresh water to cover, and boil about fifteen minutes. Drain and lay on hot platter. Over the fish lay bits of butter and dust with pepper.

Muffins—Beat well together two eggs; add one cupful of milk and one-quarter spoonful of salt; pour over one heaping pint of sifted flour and stir until smooth; add one tablespoonful of butter, melted, and beat hard until little bubbles can be seen in the batter. Stir in one heaping teaspoonful of baking powder, beat again for an instant and pour into hot, greased gem-pans, filling them two-thirds full. Bake twenty-five minutes in a quick oven.

Welsh Rarebit—Scald one-quarter cup of milk. Stir into this when hot one cupful of grated cheese, with which has been mixed one-quarter of a teaspoonful of salt, one-quarter spoonful of mustard (dry) and a dash of cayenne. When the cheese is melted add the well-beaten yolks of two eggs; stir and cook a minute, and pour over hot toast. In preparing a rarebit by this method a rich crumbly cheese should be used, as skimmed milk cheese will not melt, but remain in the liquid a tough mass.

White Layer Cake—If this recipe is exactly followed the result cannot but please: Half-cup butter, one and a half cups sugar (granulated), half-cup milk, two cups pastry flour (measured before sifting), whites of six eggs and one teaspoonful baking powder. Cream together sugar and butter; add the milk and beat together. Then add flour sifted five times. Beat well and add one-half teaspoonful each of lemon and vanilla, and six drops bitter almond. Then add stiffly-beaten whites of eggs and the baking powder. Bake in two layers. The oven should not be too hot when put in, to give cake time to rise. Hold hand in

oven; if cool enough to count forty it is right. Fill and ice with plain boiled icing made by boiling one and a half cups of granulated sugar and eight tablespoonfuls of hot water until it threads. Pour slowly over the beaten whites of two eggs, beating continually until smooth and shiny. Both cake and icing should be cool when used.

Baked Beefsteak Pie—Cut one pound of round steak in pieces about two inches square and brown in spider, carefully saving gravy; when turned once add one tablespoonful of butter. This must not be thoroughly cooked—just browned on outside. Parboil two potatoes, and when about half done cut in eighths. Put both meat and potatoes in pudding-pan and season with three-quarters of a teaspoonful of salt and one-quarter teaspoonful of pepper. Cover with crust made as follows: One cup sifted flour, one-quarter teaspoonful of salt and one-half teaspoonful of baking powder. Into this rub one small tablespoonful of lard or butter. Moisten with milk until just soft enough to roll out, which usually requires about three-quarters of a teacupful of milk. Cut slits in top and bake twenty minutes. Sometimes I add a few dumplings made of the crust to the inside of the pie.

Cauliflower—Soak the flower head down in salted water to drain out insects, if there be any. Rinse and put into boiling salted water. In ten minutes pour off this water; add fresh salted boiling water and boil from fifteen to twenty minutes longer. Make a drawn butter sauce thus: Rub together one tablespoonful of butter with one of flour until smooth. Season with one-quarter teaspoonful of white pepper and one-half teaspoonful of salt; add to this one cup of milk and stir until it thickens; add one tablespoonful of lemon juice. Lay the unbroken head of cauliflower in vegetable dish and turn over the sauce, which should be just thick enough to pour.

Celery and Apple Salad—Peel two apples and cut into large dice. Cut one stalk of celery into pieces the same size. Mix well and add a dressing made of the yolk of two eggs beaten thoroughly, one level teaspoonful of salt, one-quarter spoonful of cayenne pepper, one of prepared mustard and one tablespoonful of butter. Stir into the mixture one-half cup of vinegar; stir with silver or wooden spoon until thick. If too thick it may be thinned with a little sweet or sour cream.

Apple John—One cup of sifted flour, one heaping teaspoonful of baking powder, one-quarter teaspoonful of salt, one tablespoonful of butter, half-cup of milk, one egg, well beaten, and one pint of apples, sliced. Sift together flour, baking powder and salt. Rub in butter, beat in egg and milk. This should be a thick, very thick batter. Put apples in deep pan and spread over them the batter. When baked reverse, cover with sugar, nutmeg and butter and serve with cream or with a cream sauce.

Sauce—One large tablespoonful of butter, one cup of pulverized sugar, one teaspoonful of vanilla, one large cup of boiling water, one teaspoon, heaping full of flour. Beat butter, sugar and flavoring till very light and creamy. Put water in sauce-pan

and add the flour, mixed in a little cold water. Cook this until like thin starch; add to butter and sugar mixture, beating briskly and pouring gradually. If the beating is not stopped for a moment the whole sauce will rise and be very foamy.

Mrs. Edwin B. Barnum.
No. 1330 Eighth Street, Des Moines, Iowa.

SUNDAY, AUGUST THE TWENTY-NINTH.

BREAKFAST.

Peaches, served with cream.
Hashed veal with poached eggs.
Graham muffins. Coffee.

LUNCHEON.

Potato salad, with cold fish.
Whole tomatoes mayonnaise dressing.
Wafers. Drop cakes. Iced tea.

DINNER.

Kentucky fried chicken.
Corn pudding. Cream potatoes.
Broiled egg plant.
Peach shortcake.
Coffee.

Kentucky Fried Chicken—The chicken should always be dressed and kept in ice-box for at least twelve hours before using. Flour each piece and dust lightly with salt and pepper, use a level teaspoonful of salt and a quarter teaspoonful of pepper in all. The frying-pan should be half-full of lard and the latter smoking hot, when the chicken is put in. Then cover and cook slowly for one-half hour, turning from time to time. When done, pour the fat from the pan and add a tablespoonful of butter and let brown; then stir in a tablespoonful of flour, pour in a cup of milk, add a small saltspoonful of salt, and a pinch of pepper and let thicken. Serve gravy in a separate dish. Put little strips of fried pastry around the chicken.

Broiled Egg Plant—Cut the egg plant in thick slices, carefully paring each piece. Throw it in salt and water and let remain three hours. Take from the water, drain and wipe. Then butter the slices of egg plant, dip in beaten egg, then in grated cracker and broil until a light brown. Dash pepper over them and serve.

Peach Shortcake—Make a rich pastry. Roll thin and bake three crusts in pie-pans. Let them get thoroughly cold. Take

peaches left from breakfast, mash them well and sweeten. Spread between the crusts. Put in cold place. Serve with whipped cream. This is delicious and very inexpensive.

Mrs. L. D. Potter.

Bowling Green, Ky.

MONDAY, AUGUST THE THIRTIETH.

BREAKFAST.

Baked pears.
Frizzled beef. Bread and butter.
Waffles, maple sirup. Coffee.

LUNCHEON.

Graham bread and butter.
Veal loaf. Ripe cucumber pickles.
Apple jelly. Tea.

DINNER.

Noodle soup.
Boiled beef, horseradish sauce. Boiled potatoes.
Graham fruit pudding, with sauce.
Coffee.

Graham Bread—Two cups of buttermilk, half a cup of molasses, pinch of salt, one teaspoonful of saleratus; stir all well together, add two cups of wheat flour, scant half a cup of cornmeal and enough graham flour to make stiff.

Veal Loaf—One pound of fresh veal, one-half pound of fresh pork, all chopped well. To this add two eggs, large tablespoonful of grated bread crumbs, half a cup of cream or milk, some chopped parsley, one good-sized onion, chopped fine, dash of red pepper, and one level teaspoonful of salt; mix all thoroughly together, and bake in deep breadpan, laying on top a bay leaf and one large slice of bacon. Bake half an hour.

Ripe Cucumber Pickles—Take six large, ripe yellow cucumbers, cut in halves, take out all the seeds and pulp; then cut in strips like your finger, stand over night in salt, so as to draw out the water from cucumbers. Take each strip next morning and wipe as dry as possible, placing them back in jar as you do so. Have half a dozen red peppers prepared, by removing seeds, and cut in small, narrow pieces about an inch long; have also one fresh horseradish, prepared in same way, in small pieces, and about a pound of mustard seed; sprinkle all these in between the slices of cucumbers; have enough vinegar to cover same boiling hot, and pour over. On the third morning scald vinegar

again, and they are then ready for use when cold. They can be put away in glass bottles on the third morning.

Apple Jelly—Take large, ripe cooking apples, put small amount of water on same; after all are well cooked remove from stove and place in cheese-cloth bag, made three-cornered shape, with the long point down, put jelly in this and let drip. When all the juice has been extracted, measure, and to one glass of juice add three-fourths of a glass of sugar. If you want good success with jelly never cook more than three or four glasses at a time. Cook all jellies, when water has been added, longer than when it has not. This jelly to be cooked about ten to fifteen minutes; then have glasses ready; in each glass put a nice, large fresh rose geranium leaf; pour hot jelly on same. The leaf will turn yellow and come to the top, and it then can be removed. The flavor of this jelly is indescribable. It is a very fine way for flavoring cake dough, when out of extract, by placing leaf bottom of cakepan and then pouring dough over same.

Tea—Have pot good and hot by pouring hot water in same and letting stand until the water in tea kettle is boiling; always have fresh water in tea kettle and never let it boil any time before making tea; keep a whole vanilla bean in tea canister; this gives a nice flavor to same. One can put a piece about an inch long in tea while steeping if it is liked.

Horseradish Sauce—Take the fresh horseradish, grate about one-half cup; to this add two rolled crackers, one-half teaspoonful of salt, a teaspoonful of sugar, two tablespoonfuls of vinegar and a large cup of the soup taken from beef; stir all well together, adding crackers and horseradish last, for the longer you boil horseradish the weaker it grows.

Boiled Potatoes—Always put potatoes into boiling water with quite a little salt; when done pour off all the water, and then shake over fire until they become mealy and dry.

Mrs. A. W. Becker.

No. 4329 Oakenwald avenue, Chicago.

TUESDAY, AUGUST THE THIRTY-FIRST.

BREAKFAST.

Grapes.
Liver cutlets with fried tomatoes.
Popovers. Coffee.

LUNCHEON.

Eggs à la crême.
Thinly sliced bread and butter.
Frozen meringue. Dover cake.

DINNER.

Soup crecy.
Timbale of beef.
Buttered parsnips. Potato salad.
Fruit pudding.
Coffee.

Grapes—Some one has said that the art of breakfasting rightly is one of the distinguishing marks of higher civilization. Nothing is more conducive to this end than a well-set table and daintily served dishes. The bunches of grapes should be dipped in ice water and drained quite dry before serving. This fruit looks nicer on delicate, light china and a few leaves in the fruit dish will add much to the effect.

Liver Cutlets—Buy half a pound of liver and have it sliced thin; scald it, then wipe dry. Beat the yolk of one egg, dip the slices in it, then in cracker or bread crumbs. Sprinkle with one-quarter teaspoon of salt and one-eighth teaspoon pepper. Fry in bacon drippings and serve on a hot platter. Save the white of the egg for your meringue.

Eggs à la Créme—This dish calls for five hard boiled eggs, about two cups of bread crumbs, one cup of milk, one-half tablespoon of butter, three-quarters of a teaspoon of salt and a quarter-teaspoon of pepper. Scatter bread crumbs over the bottom of a baking dish, lay on the eggs sliced in thin rings, sprinkle with salt and pepper and bits of butter. Continue thus to blend these ingredients until the dish is nearly full. Have the top layer crumbs, then pour the milk over the whole mixture and bake in a moderately heated oven.

Frozen Meringue—Apples are so cheap we all can enjoy this delightful cream. If the day should prove cool, it will be quite good without freezing. To make apple meringue or cream, take one pint of thick stewed apples, press through a sieve, add one-half cup of sugar, and flavor with nutmeg. Stir in the stiffly beaten whites of two eggs and beat until light and foamy. Add one-half pint of milk, or cream if you have it, and freeze.

Dover Cake—This recipe makes a cake as delicate as the most excellent pound cake and less expensive. One-fourth cup of butter, one-half cup of sugar, one cup of flour, one-fourth cup of sweet milk, two eggs, one level teaspoon of baking powder and one-half teaspoon of rose-water or rind and juice of half a lemon. Cream the butter and sugar, mix with them the yolks whipped light, then the milk and flour sifted with the baking powder. Add the rose-water, and lastly, the beaten whites of the eggs. Stir all well and bake in a loaf, using a small square or oblong baking pan. This cake should be made the day before.

Soup Crecy—Many persons do not realize how helpful soups are to economical living; now vegetables are so plentiful and cheap, the best of soup may be made with very little expense. Take two good-sized carrots, one potato, and one turnip. Pare

the vegetables and cut in small dice. Boil in one quart of water until tender; rub through a sieve and return the paste to the water. Add one tablespoon of chopped onion, one-half saltspoon of celery salt, one large saltspoon of salt, one-half saltspoon of pepper, one-half tablespoon of butter, and one cup of milk. Let this boil for five minutes. Mix smoothly one tablespoon of flour with a little cold water; add to the soup, and stir until it thickens. Serve with croutons.

Timbale of Beef—Chop fine about one pint of cold cooked beef, free from fat and gristle; add to it one-half cup of cracker or bread crumbs, one large half-teaspoon of salt, one-quarter teaspoon of pepper, and one-half teaspoon of onion juice. Heat two-thirds of a cup of stock or milk; add it to the meat, with one tablespoon of melted butter and the yolk of one egg. (Use the yolk left from the meringue.) Mix thoroughly, and put in a well-greased mold or bowl, and set in a pan of hot water; cover with a greased paper, and bake about one hour in a moderate oven. Turn out on a hot platter and serve with brown sauce if liked.

Potato Salad—Pare and boil five medium-sized potatoes. When done, drain and press through a coarse sieve. While hot stir in one tablespoon of butter, one finely chopped onion and one-half teaspoon of salt. Beat until light. Take the pounded yellow of two hard-boiled eggs. Mix with it one-quarter teaspoon of pepper, the same of mustard and celery salt; beat in gradually one-quarter cup of vinegar. Mix this thoroughly with the potatoes, then add the finely chopped whites of the eggs. Set on ice until ready to serve and heap lightly in a pretty salad bowl. This is a much more digestible salad than when made in the usual way with chopped potatoes.

Fruit Pudding—One pint of flour; one heaping tablespoon of lard, one-half teaspoon of soda, dissolved in a little hot water, one teaspoon cream of tartar, sifted through the flour; one saltspoon of salt; cold water enough to make into a tolerably stiff paste; one pint of sliced peaches. Roll out the crust about a quarter of an inch thick into an oblong sheet. Cover thickly with the peaches and sprinkle with sugar. Begin at one end, and roll it up closely, the fruit inside. In putting this in, leave a narrow margin at the other end of the roll, which should be folded down closely. Pinch the ends of the folded roll together, to prevent the escape of the fruit. Tie up in a floured cloth and boil three-quarters of an hour. Serve hot with sauce. This is a cheap but good pudding, better than many a richer one.

Lucy Withrow.

Lexington, Va.

WEDNESDAY, SEPTEMBER THE FIRST.

BREAKFAST.

Baked pears with cream.
Hashed meat gems. Hygienic graham muffins.
Coffee.

LUNCHEON.

Codfish salad.
Bread and butter. Baked bananas.
Almond cake. Tea.

DINNER.

Onion and cucumber soup.
Vealettes. Mashed potatoes.
Egg plant baked with cheese.
Peach water ice. Coffee.

Baked Pears—Pare and core five large, sweet pears without dividing; place them in a baking dish and fill each pear with a teaspoonful of sugar; add a little water and bake until perfectly tender. Serve with sweet cream.

Meat Gems—Remove all pieces of fat, bone and gristle from cold roast beef or pork that is very lean, and chop fine or put it through a meat cutter. To one large cup of the chopped meat add an equal quantity of bread crumbs, half a teaspoonful of salt, a saltspoonful of pepper and a teaspoonful of butter; moisten with half a cup of milk and heat thoroughly. Then fill gem pans nearly full with the mixture; break an egg on the top of each and bake until the egg is cooked.

Hygienic Muffins—Grease the muffin rings and put them in an oven to get very hot. Put two cups of ice-water and one teaspoonful of salt into a large bowl; take three and one-half cups of graham flour; take it up by handfuls, holding it high over the bowl, which should stand in a current of air, and sprinkle slowly into the ice-water, beating all the while; then pour into the very hot rings, put at once into a very hot oven and bake about thirty-five minutes.

Codfish Salad—Salt codfish salad is very nice for luncheon in hot weather. Soak about a pound of fish over night, boil and set away to become cold; just before serving time flake the fish, removing all the bones and skin; arrange on a bed of tender lettuce and pour over a mayonnaise dressing.

Baked Bananas—Strip off one-third of the skin of each banana, and with a spoon loosen the remainder from the fruit; arrange in a baking dish the stripped sides uppermost; on each lay one-half of a teaspoonful of butter in bits and sprinkle with one teaspoonful of sugar and one-half of a teaspoonful of lemon juice. Bake twenty minutes in a hot oven. The bananas may be entirely stripped, if desired, but the skin contains considerable pectin, which it is well to have.

Almond Cake—Cream one-half cup of butter, add gradually one cup of sugar and one small half-teaspoonful of almond extract; mix and sift one cup of flour, one-half a cup of cornstarch and one level teaspoonful of baking powder; add alternately with one-half cup of milk to the first mixture; beat the whites of three eggs until stiff; add and stir in carefully. Bake in a moderate oven.

Onion and Cucumber Soup—Peel and cut in thin slices, crosswise, two good-sized onions and three cucumbers; cover with one pint of boiling water and one pint of veal or chicken stock, and simmer very slowly for one hour; then rub through a sieve, pressing hard, so as to obtain as much of the pulp as possible; return to the fire and keep hot. In a double boiler scald one pint of milk and stir into it one tablespoonful of butter and two of flour rubbed together to a paste; when thick and smooth, add to the strained soup; season with a large teaspoonful of salt, a saltspoonful of pepper; simmer for five minutes, and serve with croutons.

Vealettes—Purchase veal cut from the leg, in slices as large as one's hand, and about half an inch thick. On each slice lay a large tablespoonful of dressing, made from a cup of bread crumbs, a beaten egg, a tablespoonful of butter, half a teaspoonful of salt, a good dash of pepper, a tablespoonful of sage and summer savory mixed. Roll up the slices, pinning with wooden toothpicks to keep the dressing in. Put a little butter and water in a baking pan with the veal and bake in a hot oven three-quarters of an hour. Baste often, and when done thicken the gravy, pour over the veal and serve on hot platter, with thin slices of lemon.

Egg Plant Baked with Cheese—Place two egg plants in a bowl, pour boiling water over them, cover and let stand ten minutes. Then peel and slice one-quarter of an inch in thickness. Divide each slice in four, season with one small saltspoon of pepper and one level teaspoonful of salt and fry in a little butter or fresh-rendered suet over a quick fire, placing them on a hot pan when cooked. Melt one tablespoonful of butter and one of flour, one-quarter of a teaspoonful of salt and a dash of cayenne in a saucepan; add one-half of a cup of stock and one of milk; stir until thick and smooth, and simmer five minutes. Arrange the slices of egg plant in a greased baking dish, putting a spoonful of the sauce and a sprinkle of grated cheese between each layer. Put one teaspoonful of butter in bits over the top and bake twenty minutes in a moderate oven.

Peach Water Ice—Cut eight good-sized very ripe peaches in pieces. Mash them and add one cup of sugar; then add the juice of three lemons, mixed with half of a cup of sugar. Let stand twenty minutes. Add one quart of water, beat, strain and freeze.

Marion Wilson.

No. 6407 Lexington avenue, Chicago.

THURSDAY, SEPTEMBER THE SECOND.

BREAKFAST.

Melon, iced.
Wheatlets with cream.
Meat omelets. Fried potatoes.
Popovers. Coffee.

LUNCHEON.

Scalloped fish. Stuffed potatoes.
Buttered toast.
Peaches. Jumbles.
Iced tea.

DINNER.

Veal broth.
Braised lamb.
Mashed potatoes. Succotash.
Tomato salad.
Steamed blueberry pudding.
Coffee.

Meat Omelets—One cup cold beef, or veal, finely chopped, one cup bread crumbs soaked in one cup of milk, two eggs, salt, pepper, and if veal is used a small pinch of sage or marjoram. Mix thoroughly, having the bread soft and fine. Add last the beaten eggs, and drop by the spoonful into hot beef drippings, and fry a delicate brown.

Stuffed Potatoes—Select six potatoes of even size. Cut a thin slice from one end, that they may stand firm, and put in the oven to bake. As soon as thoroughly done remove from the oven, and with sharp scissors cut a lid from the upper end and scoop out the potato into a hot bowl with a teaspoon, keeping the skin quite whole. Point the edge of the skin with the scissors. Beat the potato in the bowl quite light with two teaspoonfuls of cream, a teaspoonful of butter and the beaten white of one egg. Salt. Then fill the skins with the mixture, heaping it high on top. Set the potatoes carefully on end and return to oven for ten minutes to heat. Serve on a platter with sprigs of parsley.

Veal Broth—Take a knuckle of veal costing 15 cents and put it in a sauce-pan with a closely fitting cover. Add three pints of cold water and a teaspoonful of salt, and set it where it will boil very gently three hours before dinner. After two hours add a small onion, two tablespoonfuls of rice and a stalk of celery or a little celery seed, and a saltspoonful of pepper. Remove the meat before serving, but leave the rice. This is a simple and delicious soup.

Braised Lamb—Take a fore-quarter of lamb weighing five or six pounds, and have the butcher remove the shoulder blade. Put into your braising-pan one spoonful of butter or beef drippings. Add one onion, sliced, and half a small turnip. Brown these well and then draw the vegetables to one side and lay in the lamb, dredging it with flour. Brown on one side. Then turn and brown the other. Then add one pint of water, a bouquet of sweet herbs and sprinkle with a heaping teaspoonful of salt and a saltspoonful of pepper. Cover the pan perfectly close and cook one hour and a half in a moderate oven. Dish the meat,

thicken the gravy with a spoonful of flour rubbed smooth in a very little water, let it boil up on top of the stove, then strain over the meat.

Succotash—One dozen ears green corn, one pint shelled lima beans, butter the size of an egg, salt and pepper. Cut the corn from the cobs, scoring through each row if the corn be large. Scrape lightly with the back of the knife, and put beans and cobs on to boil an hour before dinner, with not quite a quart of water. Twenty minutes before serving remove the cobs and part of the water. Add the cut corn and boil very gently that it may not burn. Add the butter, a saltspoonful of pepper and a teaspoonful of salt, and dish. The water should be evaporated by the time the corn is done.

Steamed Blueberry Pudding—One pint of flour, one pint of berries, washed and drained in a sieve; two slightly heaping teaspoonfuls of cream of tartar, one level teaspoonful of soda, one-half teaspoonful of salt, milk to mix—about one cup. Sift the soda, cream of tartar and salt into the flour and stir well, then add the berries and just enough milk to mix the whole to a stiff batter. Put in a well-buttered tin mold or pail, which set into a sauce-pan half-filled with boiling water. The saucepan must have a tightly fitting cover. Let cook for one hour and a half, and serve with a hot sauce.

Sauce—Cream half a teacup of butter; add one cup of sugar and two teaspoonfuls of flour. Beat well. Pour on one teacup of boiling water. Let boil for two minutes and flavor with nutmeg or vanilla if preferred. This is a very excellent pudding and also very inexpensive. Catherine Forest.

No. 82 Bridge street, Northampton, Mass.

FRIDAY, SEPTEMBER THE THIRD.

BREAKFAST.

Baked apples. Sugar and cream.
Dropped eggs. Potato fritters.
Quick coffee bread.
Coffee.

LUNCHEON.

Welsh rarebit.
Cucumber salad. French dressing.
Viennois cakes. Iced milk.

DINNER.

Cream of celery soup.
Baked halibut steaks. Mashed potatoes.
Minced cabbage.
Peach sponge. Tea.

Dropped Eggs—Have one quart of boiling water and one tablespoonful of salt in a frying pan. Break five eggs, one by one, into a saucer and slide carefully into the salted water. Cook until the white is firm, and lift out with a griddle-cake turner, and place each egg on a half slice of hot-buttered toast.

Potato Fritters—One pint of boiled and mashed potatoes, one-half cupful of hot milk, three tablespoonfuls of butter, two eggs, one-half teaspoonful of salt. Add the milk, butter and salt to the mashed potatoes, and then add the eggs, well beaten. Stir until very smooth and light. Spread about one inch thick on a buttered dish, and set away to cool. When cold cut in squares. Dip in beaten egg and in bread crumbs, and fry brown in boiling fat. Serve at once.

Quick Coffee Bread—One quart of flour, one level teaspoonful of salt, two teaspoonfuls of baking powder, five eggs well beaten with two tablespoonfuls of sugar, one pint of milk, and two tablespoonfuls of softened butter. Beat well, spread in a pan and sprinkle sugar, a little cinnamon and bits of butter on top, and bake in a quick oven.

Welsh Rarebit—Half a pound of fresh cheese, two eggs, one-quarter saltspoonful cayenne, one tablespoonful of butter, one teaspoonful of mustard, half a teaspoonful of salt, one-half cup cream. Break the cheese in small pieces, and put it and the other ingredients in a light sauce-pan, which put over boiling water. Stir until the cheese melts; then spread the mixture on slices of hot crisp toast. Serve at once. Water may be used instead of cream.

Cucumber Salad—Cut about one inch off the point of the cucumber and pare. (The bitter juice is in the point, and if this is not cut off before paring the knife carries the flavor all through the cucumber.) Cut in thin slices, cover with cold water and let stand one-half hour. Drain and season with French dressing.

French Dressing—Three tablespoonfuls of butter, one of vinegar, one teaspoonful of salt, one-half a saltspoonful of pepper. Put the salt and pepper in a cup and add one tablespoonful of the butter, when thoroughly mixed add remainder of butter and vinegar.

Minced Cabbage—Drain boiled cabbage in a colander. Put it in the chopping tray and chop fine. For one quart of chopped cabbage put two tablespoonfuls of butter and one of flour in the frying pan. As soon as smooth and hot put in the cabbage, and season with one teaspoonful of salt, one saltspoonful of pepper and two tablespoonfuls of vinegar. Stir constantly for five minutes. When done heap on a dish. Make smooth with a knife and garnish with hard-boiled eggs.

Peach Sponge—One pint of pared peaches, one-half package of gelatine, the whites of five eggs, one scant cup of sugar, one and one-half cups of water. Soak the gelatine for two hours in one-half cup of water. Boil the cup of water and sugar fifteen minutes. Mash the peaches fine, rub through a sieve and

put in the sirup. Cook five minutes, stirring all the time. Place the sauce pan in another of boiling water and add the gelatine. Stir for five minutes to dissolve the gelatine; then place the sauce pan in a dish of ice water and beat the sirup until it cools. Add the beaten whites of the eggs and beat until it begins to thicken. When it will just pour turn it into the mold and set away to harden. Serve with sugar and cream. Mrs. Byron Backus.
No. 112 East Milwaukee street, Janesville, Wis.

SATURDAY, SEPTEMBER THE FOURTH.

BREAKFAST.

Bananas.
Farinose and cream.
Rice muffins.
Fried brains.
Coffee.

LUNCHEON.

Hoe cakes.
Fried scallops.
Potato cakes.
Apple sauce.
Cookies.
Tea.

DINNER.

Mutton chops. Mashed potatoes.
Green corn. Entire wheat bread. Pickled onions.
Sliced peaches. Coffee.

Fried Brains—After leaving a pound and a half of brains in salt and water for an hour, remove the membrane which covers them, put them over the fire in cold water enough to cover them, add a slice of carrot, turnip and onion, a sprig of parsley and thyme, a teaspoonful of salt, a gill of vinegar and boil them fifteen minutes. Take them up and dry on a clean cloth. In the morning dip in bread crumbs and beaten egg and fry in smoking hot fat. Put on a hot dish with tomato sauce under them and garnish with parsley.

Fried Scallops—One of the simplest ways of cooking the scallop is to fry it. Drain the liquor from the scallops thoroughly, laying them in a sieve; immerse them in milk, season with a little salt and pepper and roll in fine cracker crumbs, being careful to cover them thoroughly. As they are breaded, put them into a frying basket and plunge them into boiling hot fat. Fry them about four minutes, drain and slip them on brown paper to absorb any extraneous fat. Then serve on a napkin on a hot platter with delicately thin, hot, buttered slices of brown bread. Mix about a quarter of a cup of flour with every cupful of sifted cracker crumbs used in breading.

Entire Wheat Bread—Two cupfuls of entire wheat flour, one cupful of cornmeal, two-thirds cupful of molasses, one large cup-

ful of sweet milk, one cupful of sour milk, two-thirds of a teaspoonful of salt, one teaspoonful of soda. Steam three hours and bake one hour.

Pickled Onions—Choose small onions of equal size, perfectly sound; peel them without breaking off the tops and roots so closely as to cause them to break apart; soak them for twenty-four hours in strongly salted cold water; drain and dry each on a cloth before putting them into glass jars; heat to boiling point sufficient vinegar to cover them, scalding with it mixed whole cloves, mace and peppercorns; cool the vinegar and pour it over the onions, distributing the spices among the jars. The second and third days pour off the vinegar, scald it and return it to the jars, after it has become cool. On the third day seal the jars air-tight, after pouring the vinegar over the onions.

Mrs. D. F. Matchett.
No. 1106 Fort Dearborn Building, Chicago.

SUNDAY, SEPTEMBER THE FIFTH.
(Offered by a Louisiana French creole.)

BREAKFAST.

Sliced bananas, with cream and sugar.
Ham omelet. Potato biscuit.
Café au lait.

LUNCHEON.

Creole kedgeree. Cucumber jelly.
Florendines. Chocolate.

DINNER.

Beef gumbo, with tomatoes and ochras.
Sweet potatoes à la creole.
Pineapple sherbet. Café noire.

Ham Omelet—This may be baked, or cooked on top of the stove in a skillet; be sure, however, to grease the latter well. Mince two full tablespoons of ham, with a tiny slice of garlic. If latter is not relished, a teaspoonful of chopped parsley may be substituted. Beat six eggs separately; mix the ham with its relish into the yolks. Take a teacup of milk, thicken with a tablespoonful of flour; let it come to a boil; add one tablespoonful of butter, and saltspoonful of salt. Let this cool somewhat, then stir in yolks which have been mixed with the ham; lastly add the frothy whites, stirring very lightly with a knifeblade. Have quick oven; serve very hot. Bake about ten minutes.

Potato Biscuit—Warm half cup of milk—enough to melt two tablespoonfuls of butter. Stir into it a pint of hot mashed po-

tatoes, seasoned with teaspoonful of salt, two dashes of white pepper, two eggs beaten together; sift in enough flour to handle; lay on biscuit board, roll lightly into thickness of an inch; cut out with cooky-cutter; bake in moderate oven about twenty minutes. Can be baked in jelly-cake pans, and cut in pie-shape pieces, if preferred. Then I would suggest splitting and buttering before sending to table.

Café au Lait—Either drip or boiled coffee may be used for this. Heat unskimmed milk to the boiling point; sweeten, add to the coffee twenty minutes before serving. Whatever of this is left it is customary among the creoles to put into a jug of earthenware and allow to boil up for ten minutes, then cork tightly and put aside in a cool place to be used as drink in the evening or later in the day. Indeed, it is expected enough will be made in the morning to allow of this provision. It may be slightly less strong than when drank hot for breakfast; but treated in this way it has a rich, creamy taste, with a flavor all its own.

Use a full pint of unskimmed milk in proportion to a quart of coffee, and heat the milk to a boiling point before combining them. Sweeten with three or four tablespoonfuls of sugar, according to taste. Drip coffee is made in proportion of one tablespoonful of powdered coffee (that is ground very fine) to each person, and one full coffeecup of boiling water to each person. French coffeepots are sold everywhere now. Put coffee in the receptacle, pour the boiling water upon it. In a few moments the clear liquid will be ready to drink. If desired stronger, pass the liquid through twice. This can so gracefully be done by the mistress at the table. Be sure to have water actually boiling when using. The bubbles should rise from the bottom to the surface of the water.

Creole Kedgeree—Any kind of cold fresh fish can be used for this appetizing, inexpensive dish. To one cupful of cold trout, salmon or whitefish, left from yesterday, from which all the bones have been taken, add cupful of cold boiled rice, one tablespoonful of butter, teaspoonful of salt, a dash of cayenne, a very hard-boiled egg, chopped fine, a slice or so of garlic, or onion, or one full tablespoon curry powder, if preferred. Drop these into a hot skillet; as the butter melts, stir the ingredients well together. It is not intended to fry them, only to thoroughly heat and blend them—five minutes will be enough. Serve on squares of hot, buttered toast, or slices of buttered bread. If curry powder is not the East India article, a little lemon juice may be added.

Cucumber Jelly—This is especially nice to serve with any fish, or it makes a good salad course served with lettuce leaves, which have French dressing upon them. Pare four large cucumbers, not too ripe. Cut up and stew in one quart of water with a small onion, full teaspoon salt, one-half teaspoon white pepper. Soak meanwhile half box gelatine in teacup cold water. When cucumbers are perfectly soft stir in the gelatine until it is fully dissolved. Then strain so as to avoid the seeds. When

almost cold peel and slice very thin one cucumber; line the mold, which has been wet with cold water, with it; pour in the liquid jelly; allow to "set" very firmly. If served on platter upon lettuce leaves pour the French dressing over the mold as well as leaves. French dressing is made in proportion of two tablespoons of salad oil to one of vinegar, with half-teaspoon salt.

Florendines, or Fruit Tarts—Can be made of any fruit, stewed if possible in its own juice or with as little water as possible; sweeten well after cooking. Line small crimped pans with puff paste or rich pie crust and bake them. While still warm drop in the fruit and return to the oven for ten minutes.

Beef Gumbo—Cut up one and one-half pounds lean beef into small bits; season with full teaspoon pepper, two teaspoons salt. Slice in one large onion, one potato, three or four large tomatoes, about sixteen fresh, young, small ochras. Cover well with about a quart cold water. Allow it to boil very slowly, cover fitting tightly, until everything is like pulp or rags. Then put through the colander. Toast four slices of bread, cut in quarter slices, or dry stale bread in oven, and break into fragments; put them in bottom of tureen or deep vegetable dish and pour the gumbo over.

Sweet Potatoes à la Creole—Scrape six large sweet potatoes; cut in halves the long way. Put in deep baking dish, cover with milk, add half-teaspoon salt and tablespoon butter. Wet half-teacup of bread crumbs with one egg lightly beaten; cover the potatoes with these and bake in moderate oven about an hour.

Pineapple Sherbet—Boil one quart of water and a pound of sugar for fifteen minutes, so that a thick sirup is made. Pare carefully and finely shred a pineapple two hours before using. Cut out the core, so that almost all fruit can be used. Sprinkle with two tablespoons sugar; cover well. Allow the fruit, juice and shreds to infuse in the warm sirup until entirely cold—an hour. if convenient. Put in freezer; when the little crystals begin to form on sides stir in the well-beaten whites of three eggs and return to freezer, shaking as usual.

Olympe Boudinot.

New Orleans, La.

MONDAY, SEPTEMBER THE SIXTH.

BREAKFAST.

Iced melons.
Chipped beef. Toast.
Coffee.

LUNCHEON.

Boulettes of liver.
Thin bread and butter.
Spanish shortcake.
Apple salad. Tea.

DINNER.

Purée of celery.
Baked veal cutlet. Tomato sauce.
Curled potatoes. Sweet pickle.
Green corn.
Peach cake. Coffee.

Peach Cake—Make any good white cake, bake in layers, put sliced peaches between the layers and pour whipped cream over the peaches. Mrs. E. L. Wolcott.
Highland Park, Lake Co., Ill.

TUESDAY, SEPTEMBER THE SEVENTH.

BREAKFAST.

Sliced peaches. Powdered sugar.
A veal breakfast relish. Breakfast potatoes.
Southern corn-pone.
Coffee.

LUNCHEON.

Boston brown hash. Brown bread and butter.
Green-grape jelly.
Tea.

DINNER.

Levigne soup.
Sirloin steak, with bananas.
Baked potatoes creamed. Cabbage salad.
Apple flipflaps. Coffee.

A Veal Breakfast Relish—Cut a veal cutlet into pieces two inches square. Dust with salt and pepper. Dip first into beaten egg and then into cracker crumbs. Put one tablespoonful of butter and one of suet into a frying-pan and brown the cutlets on both sides. Make a brown sauce in the pan; pour over the squares and serve.

Breakfast Potatoes—Slice evenly five or six cold boiled potatoes. Cut two small onions in slices, and put them with four ounces of butter into a frying-pan. When the onions are colored slightly add the potatoes; sprinkle with a half-teaspoonful of salt; toss them in the pan until they are a good color; drain and serve with chopped parsley (one teaspoonful) sprinkled over them.

Southern Corn-Pone—Take one quart of white cornmeal.

Pour over it just enough boiling water to scald it through. Stir thoroughly and let stand until cold. Rub into it a piece of butter the size of an egg and a teaspoonful of salt. Beat two eggs until light; add them to the meal; mix well; add one pint sour milk or buttermilk, a teaspoonful of soda dissolved in a tablespoonful of hot water, and beat until smooth. Turn into a greased tin and bake thirty-five minutes in a quick oven.

Boston Brown Hash—Chop up the remains of either cold beef or mutton to the amount of two cupfuls or less. Take the same quantity of cold mashed potatoes; half a cup of bread crumbs and a tablespoonful of butter. (If the potatoes and meat have been properly seasoned when cooked no salt will be required.) Into a deep dish put a layer of the potatoes, then one of meat, then the crumbs. Add the butter in small bits; moisten with one-half cup of gravy; put a layer of potatoes on top. Dip a knife in milk, smooth over the top, dust lightly with pepper and bake until brown.

Green-Grape Jelly—Take grapes that are just beginning to turn. Wash in cold water after first picking them from the stems. Add one cup of water to eight pounds of the fruit. Stew until soft. Mash and strain without squeezing through a cheesecloth bag. Return to fire, let come to a boil and skin. To every cup of juice add a cup of heated sugar; boil twenty minutes; pour into glasses. When cold, seal.

Levigne Soup—Cut two carrots and a small onion into small, thin pieces, and cook until tender in salted water. When done, drain, and add them to three pints of boiling stock free from grease. Beat together the yolks of four eggs and one-half gill of cream. Add a scant teaspoonful of salt and half a saltspoonful of pepper to the soup. Remove from the fire, stir in the eggs and serve.

Steak with Bananas—Broil a sirloin steak, place on a hot platter, spread both sides with a tablespoonful of melted butter, mixed with one teaspoonful of salt, one-fourth as much white pepper; over this sprinkle one tablespoonful of grated horseradish. Pare three bananas and split lengthwise, fry brown in butter and lay them over the hot steak.

Baked Potatoes Creamed—Bake eight good-sized potatoes one-half hour in a hot oven; scoop out the inside; beat at once, with one-half cup of hot milk, a tablespoonful of melted butter and a teaspoonful of salt. Heap on a plate, touch lightly with yolk of an egg, brown in quick oven and serve.

Apple Flipflaps—Butter gem-pans and half fill them with rich biscuit dough. Pare, core and slice tart, juicy apples, and fill gem-pans; placing apples on top of the dough. Cover with soft maple sugar, a heaping tablespoonful of each one; adding also a teaspoonful of butter in small bits to each. Bake in quick oven and serve with cream. Mrs. Carrie Lawton.

Delavan, Wis.

WEDNESDAY, SEPTEMBER THE EIGHTH

BREAKFAST.

Delaware grapes.
Oatmeal. Milk.
Frizzled beef. Potato cakes.
Southern cornbread.
Coffee.

LUNCHEON.

Beauregard eggs. French fried potatoes.
Thin bread and butter.
Whole tomato and lettuce salad—mayonnaise dressing
Velvet sponge cake. Iced tea.

DINNER.

Brunswick stew.
Baked sweet potatoes in their jackets.
Celery salad—French dressing.
Peach cobbler with whipped cream.
Coffee.

Frizzled Beef—Chip dried beef very thin. To a half-pound allow a large tablespoonful of butter, a half-pint of milk and one tablespoonful of flour. Melt the butter in a frying-pan, then add the meat, and stir over the fire for about two minutes, or until the butter begins to brown; dredge in the flour; stir again; then add the milk, and a little pepper; stir again until it boils, and serve immediately.

Potato Cakes—These may be made from cold mashed potatoes left from yesterday's dinner. If the potatoes be dry or hard, add a little milk and beat with a fork until light. Form into flat cakes, not too large, and fry in very hot lard. They may be dipped into beaten egg and cornmeal or flour before frying.

Southern Cornbread—One and one-half cups of white cornmeal, half a cup of flour, two teaspoonfuls of sugar, half a teaspoonful of salt, one heaping teaspoonful of baking-powder, two teaspoonfuls lard, one and one-half cups of milk and two eggs. Sift the flour, cornmeal, sugar, salt and baking-powder; rub in the lard cold, add the eggs, well-beaten, and then the milk. Mix into a moderately stiff batter; pour it into well-greased, shallow baking-pans (pie tins are suitable). Bake from thirty to forty minutes.

Velvet Sponge Cake—Two cups of sugar, two cups of flour, four eggs, one teaspoonful of baking powder, three-quarters of a cup of hot water, grated rind of lemon. Stir together until creamy, the sugar and the yolks of the eggs; add the flour and baking powder. Then add the hot water; stir well until smooth and not

lumpy. Next add the well-beaten whites. Do not have them curdled, but stiff. Flavor. The batter may seem too thin, but will prove all right, and you may bake it as you would any other sponge cake.

Brunswick Stew—Cut a four-pound chicken into pieces, as for a fricassee. Put it in a large covered saucepan with a small onion, sliced, and a quarter of a pound of bacon, in one piece (a ham bone is better than the bacon). Cover with boiling water and simmer gently for one and a half hours. Then add one pint of very tender Lima beans, one pint of corn, cut from the cob, one tablespoonful of chopped parsley, one-half teaspoonful of salt (this seasons the vegetables) and one quarter teaspoonful of pepper. Cover again and simmer one hour longer. Remove the lump of bacon and serve. Care must be taken not to scorch this stew. Keep it over a very moderate fire, and stir frequently from the bottom of the saucepan.

Peach Cobbler—Line a two-quart pudding dish with a thick crust. Peel and cut into quarters peaches enough to fill the dish, heaping them. Cover with a teacupful of sugar, a half teaspoonful of ground cinnamon and the juice of half a lemon. Cover the dish with a thick, rich pie crust, put the dish in the oven, and bake very slowly until the crust is a rich dark brown. When it is baked take a silver spoon and break the top crust into pieces, letting some of them mix with the fruit. This "pie" may be served either hot or cold, but it is better cold with whipped cream.

Rozelle Purnell Handy.

No. 46 Bellevue Place, Chicago.

THURSDAY, SEPTEMBER THE NINTH.

BREAKFAST.

Fricassee of brains.
Fried potatoes. Green corn.
Griddle cakes.
Bread. Tea or coffee.

LUNCHEON.

Sliced cold meat.
Sliced tomatoes.
Tea, hot or iced.

DINNER.

Green pea soup.
Roast lamb. Mint sauce.
Stuffed tomatoes. New potatoes, roasted.
Lima beans.
Fruit.

Green Corn Griddle Cakes—Run a knife through the center of the grains, then with the knife scrape out all you can. (If you have a corn grater so much the better.) To twelve ears add the yolks of two eggs, a level teaspoon of salt, one tablespoon of melted butter (no flour). Beat the whites very light, add one or two more whites if you have them; grease the griddle with butter; mix a little of the white with the batter each time you fill the griddle; drop on in small cakes—large ones will not turn. When they look dry around the edge turn with a broad knife. They are very delicate. Mrs. A. M. Finley.

No. 524 West Fourth Street, Ottumwa, Ia.

FRIDAY, SEPTEMBER THE TENTH.

BREAKFAST.

Fruit.
Baked eggs. Bacon.
Muffins. Coffee.

LUNCHEON.

Chicken croquettes.
Cream potatoes. Walnut salad.
Tea.

DINNER.

Tomato soup.
Broiled bluefish. Beurre noir sauce.
Creamed peas in shell. Mashed potatoes.
Fruit cream. Coffee.

Broiled Bluefish—Butter well the broiler before laying in the fish. Put the inside of the fish next to the fire first, then turn. When nicely browned turn on a buttered tin sheet. Put in the oven for a few minutes, according to the size of the fish. A bluefish weighing four pounds will take from twenty minutes to half an hour to cook. Garnish with parsley and sliced lemon and pour over the fish the following sauce:

Beurre Noir—Two tablespoonfuls of butter, one of vinegar, one of chopped parsley, one teaspoonful of lemon juice, half a teaspoonful of salt, one-quarter of a teaspoonful of pepper. Put the butter in a frying-pan, and when very hot, add the parsley and other ingredients. Boil up once and pour over the fish.

Fruit Cream—One cup of cream, two tablespoonfuls of sugar and one-quarter of a box of Coxe's gelatine. Dissolve the gelatine in boiling water and cool. Whip the cream until thick, add the sugar, beat again; add the gelatine and beat thoroughly. Add two sliced bananas or other fruit if preferred, and put into a mold to cool. Mrs. C. C. Carothers.

Mount Pleasant, Iowa.

SATURDAY, SEPTEMBER THE ELEVENTH.

BREAKFAST.

Bartlett pears.
White Indian meal mush, sugar and cream.
Creamed chicken and potatoes.
Sliced whole-wheat bread.
Coffee.

LUNCHEON.

Curry of eggs. Boiled rice.
Thin bread and butter.
Jumbles.
Tea.

DINNER.

Cream of celery soup.
Broiled beef tenderloin, with Mexican sauce.
Sweet and Irish potatoes sauté.
Corn fritters.
Peach snowballs. Coffee.

Bartlett Pears—Wash and wipe dry, serve.

Creamed Chicken and Potatoes—Take pieces of chicken left from yesterday's dinner and cut into dice, making a coffeecupful; one coffeecup cold boiled potatoes cut into dice, one-half cup of celery cut into small pieces. Put celery to boil in just enough water to cover. Make pint of cream sauce by taking two tablespoonfuls butter, two ditto flour melted together, add one pint of hot stock or milk, and stir until smooth, add one-half teaspoon of salt and one-quarter teaspoon of pepper. Season the celery, chicken and potatoes with one-half teaspoonful of salt and one-quarter teaspoonful of pepper and add to the hot sauce, also one well-beaten egg just before serving. Pour over slices of hot buttered toast and serve.

Curry of Eggs—Boil six eggs thirty minutes; when cold, peel and cut into quarters; make a sauce by frying one heaping tablespoonful of sliced onion in one tablespoonful of butter; take the onion out and to butter add one heaping tablespoonful of flour and half ditto of curry powder, one and one-half cups white stock or milk, one-half teaspoonful of salt and three dashes of pepper; add eggs and onion; put in oval dish and cover with buttered bread crumbs; bake a light brown.

Boiled Rice—Wash one heaping cup of rice thoroughly, throw it into one quart of boiling water, with half-teaspoonful salt and let boil hard for twenty minutes, draw to back of stove and let the rice dry off: Do not stir while cooking.

Jumbles—Cream together one cup of butter and two cups of

sugar, add two tablespoonfuls of milk and three well-beaten eggs, add grated half of lemon and half-teaspoonful cinnamon and nutmeg mixed. Mix one heaping teaspoonful of baking powder with three cups of flour, and beat well with the other ingredients; add two cups of flour to roll out, roll half an inch thick, cut in strips, roll in coarse granulated sugar and fold to form a circle; bake a delicate brown. Enough for several meals.

Broiled Beef Tenderloin—One pound and a half tenderloin steak, cut into inch-thick slices, broil over a brisk fire a few moments, or until the juice begins to run; have ready a pint of Mexican sauce, pour over the steak and serve at once.

Mexican Sauce—Cut a good-sized onion into thin slices; fry a delicate brown in a heaping tablespoonful of butter; then add two large tomatoes, peeled and sliced thin, one red pepper and one green pepper chopped fine; leave the seeds in; let simmer until tender; then add a clove of garlic cut fine, half-teaspoon of celery salt, quarter-teaspoon black pepper and one teaspoon of Worcestershire sauce.

Sweet and Irish Potatoes Sauté—Cut into inch pieces enough cold baked or boiled sweet potatoes to make one pint; ditto Irish potatoes; season with half-teaspoonful salt, quarter-teaspoonful pepper and fry all together in a skillet containing a generous quantity of very hot beef dripping and butter. Fry a delicate brown.

Corn Fritters—To one pint of corn pulp add two well-beaten eggs, one-quarter cup milk, half-teaspoon salt, ditto pepper; fry in thin cakes on hot buttered griddle.

Peach Snowballs—Select twelve ripe, good-sized freestone peaches; pare and roll in powdered sugar; stick a small silver berry fork in each one; then dip into soft icing, being careful to cover the peach entirely; let dry a few minutes, then roll in freshly grated cocoanut. A pretty effect is obtained by coloring the icing a soft pink. Canned peaches may be used in winter.

Station A, Chicago. Mrs. Z. Lowell.

SUNDAY, SEPTEMBER THE TWELFTH.

BREAKFAST.

Iced nutmeg melons.
White Indian meal mush—sugar and cream.
Delicate omelette.
Buttered toast.
Coffee.

LUNCHEON.

Lobster à la Newberg.
Hot rolls
Warm gingerbread. Apple sauce.
Iced tea.

DINNER.

Lobster soup.
Steamed fowl. Celery sauce.
Rice potatoes. Corn fritters.
Frozen peaches. Maccaroons.
Coffee.

Delicate Omelette—This is best made in a chafing dish at the table. Take one tablespoonful of butter and one of chopped parsley. Heat together in the chafing dish. Then add five well-beaten eggs, mixed with a scant teacup of milk, a saltspoon of salt, and half as much pepper. Stir slowly from the bottom of the tin until it is of a smooth, fine consistency. This is delicious and much more delicate than scrambled eggs.

Coffee—Allow one tablespoonful of ground coffee for each person. Have the water boiling and the coffee pot hot. Grind the coffee fresh every morning. When convenient, it is better to make it at the breakfast table, using a Marion Harland or a French coffee pot.

Lobster à la Newberg—Take the meat of a large lobster, one weighing nearly two pounds; cut in small slices, and put into a chafing dish with one tablespoonful of butter, a saltspoon of salt and half a saltspoon of red pepper. Add one-half pint of milk. Let boil ten minutes, then add three well-beaten eggs and a gill of rich cream. Let all come to a boil and serve immediately.

Warm Gingerbread—One cup molasses, one teaspoonful soda, one tablespoonful ginger, one-half teaspoon salt, one third cup of butter, softened, one cup of milk and three cups pastry flour. Mix in the order given and bake in small gem pans in a moderate oven for thirty minutes.

Apple Sauce—Pare, core and quarter eight apples. Put on to cook with one-half teacup of cold water, and five thin slices of lemon. Cover as closely as possible and let steam ten minutes or till they all are white and light looking. Add one cup of sugar and let them steam five minutes longer. Do not stir them at all. Put into a glass dish and serve warm.

Iced Tea—Allow one teaspoonful of tea for each person. Add cold water (a cupful for each teaspoonful of tea) and let stand four hours. Strain and serve in tall glasses with a slice of lemon and ice and loaf sugar to suit the taste of each person.

Lobster Soup—Take all the shells and remains of the lobster left from lunch and put on to boil in one quart of cold water. Let boil twenty minutes; strain, add one pint of milk thickened with two tablespoons of flour, and seasoned with one tablespoon of butter, one teaspoon salt, half teaspoon white pepper, two shakes of red pepper. Let all boil up and serve immediately.

A half cupful of fine cracker crumbs is considered an addition by many.

Steamed Fowl, with Celery Sauce—Select a good plump fowl

weighing three or more pounds. Those with soft yellow feet, white flesh and not too much fat on the back. Singe over a roll of lighted paper. Cut off the head and slip back the skin of the neck and cut the neck off close to the opening in the body. Don't cut an opening in the breast, as it only has to be sewed up again and does not look well when cooked. Draw the windpipe and the crop through the neck and stuff the breast full and round through the opening in the neck. Draw the skin over to the back and either sew or skewer in place. Make an incision over the vent and draw the contents out as gently as possible so as not to break the gall bladder. Save the gizzard, liver and heart, and thoroughly wash the inside, wipe dry and stuff, sewing up the incision firmly and tying the drumsticks down, so that they will stay in place during the cooking.

Make a stuffing by chopping one small head of celery, one large onion, three cups of dry bread crumbs, and one tablespoon of parsley. Season with one teaspoon of salt, half teaspoon of white pepper, three shakes of red pepper, one egg well beaten, and a piece of butter as large as an egg. Have all fine and smooth, and it will taste like a force meat. Steam two hours or more if not tender. Do not have more than three pints of water in the lower kettle, and let it boil down at the last to about one quart.

Sauce for Fowl—Two tablespoons of butter, two heaping tablespoons of flour, half teaspoon salt, half a teaspoon pepper, dash of red pepper and one pint of the water the chicken was steamed over, which will be a very rich and strong broth. Melt the butter, add flour and seasoning, then gradually the hot stock. Have ready a pint of celery that has been chopped fine and boiled in a very little water (just enough to keep it from burning) until tender; add this to the sauce and pour over the fowl before sending to the table. Garnish with sprigs of parsley. This is one of the best ways of serving a fowl.

Frozen Peaches—One quart of pared and cut up peaches, one quart of water, one pint of sugar. When the sugar is dissolved, freeze. This is delicious and is a pleasant change from the usual creams and sherbets.

Ten cents worth of maccaroons will be sufficient for five people and are very nice with frozen peaches.

Mrs. L. White.

Station A, Chicago.

MONDAY, SEPTEMBER THE THIRTEENTH.

BREAKFAST.

Sugared peaches.
Apple omelet. Rye puffs.
Coffee.

LUNCHEON.

Sweet potato puffs.
Swiss eggs. Chicago rolls.
Small almond cakes.
Cocoa, hot or iced.

DINNER.

Corn chowder.
Breaded lamb chops. Cucumber salad.
Steamed potatoes.
Eggplant baked in bread crumbs.
Cantaloupe. Coffee.

Apple Omelet—Beat separately to a stiff froth the whites and yolks of four eggs, add a pinch of salt to the whites. Cut the whites into the yolks; sift in two tablespoonfuls of powdered sugar, four tablespoonfuls of ice water; turn into a larded frying pan, and when it thickens spread quickly with apple sauce, sweetened to the taste. Fold the omelet, turn it upon the platter and serve hot.

Rye Puffs—Beat together one tablespoonful of sugar and one egg; add one cupful of milk, one cupful of rye flour, half a cupful of wheat flour, one teaspoonful of baking powder, added to the flour before mixing; beat hard and bake in quick oven.

Swiss Eggs—Six eggs, one-quarter of a pound of cheese, one-third of a cupful of cream or milk, two tablespoonfuls of butter, one teaspoonful of mustard, one-half of a teaspoonful of salt, one-tenth of a teaspoonful of cayenne. Cut the cheese into thin shavings; butter an egg dish or a grating dish (if you have neither, use a small stone china platter) and spread the cheese in it. Upon the cheese distribute in small portions the remainder of the butter; mix salt, cayenne, mustard and cream; pour half the mixture over the cheese; break the eggs into the dish, and after pouring over them the remaining liquid place in oven. Bake eight minutes.

Sweet Potato Puffs—Steam six sweet potatoes and mash fine; add one tablespoonful of sugar, two tablespoonfuls of butter, one large saltspoonful of salt; beat very light. Grease custard cups, fill nearly full, brush tops with white of an egg and bake in a quick oven; serve hot.

Chicago Rolls—One pound of flour, one pint of milk, one egg, one ounce of butter, two tablespoonfuls of yeast, one saltspoonful of salt; heat the milk, add the butter and salt. When lukewarm beat all together and set to rise in a warm place not less than three hours before wanted. When risen form into rolls with as little handling as possible; let stand half an hour (or until light). Bake on tins.

Small Almond Cakes—Chop half a pound of citron and mix with it three-quarters of a pound of shelled almonds, which have been blanched and sliced into halves. Beat six eggs thoroughly

and cream into them three-quarters of a pound of sugar. Add the nuts and citron, and, after thoroughly mixing, sift gradually into the mixture half a pound of flour and one spoonful of baking powder. Pour the batter into long, shallow tins, which have been well buttered. When done roll in powdered almonds and sugar. Packed carefully in tin, these cakes will keep almost indefinitely.

Corn Chowder—Remove the husks and silk from six large ears of corn, scrape down through the middle of the rows of grain and scrape out the interior with the back of a knife. Peel and slice one onion; add one pint of potatoes sliced, and cut in dice a quarter-pound of salt pork. Fry pork and onions in a sauce-pan; take them out with a skimmer, and put the other ingredients into the drippings in layers, seasoning them palatably with about one saltspoonful of salt and three dashes of pepper. Midway put in the pork and onions; then the rest of the vegetables and another saltspoonful of salt and three dashes of pepper and hot water enough to stand an inch above them; cover the sauce-pan and cook the chowder gently for half an hour after it begins to boil. Just before the chowder is done scald one pint of milk and pour it over one and one-half pounds of milk or Boston crackers, laid in a soup tureen. Cover the tureen for five minutes; then see that the chowder is properly seasoned; pour it into the tureen, and serve it with a plate of crackers.

Breaded Lamb Chops—One pound and a half of lamb chops, two eggs, beaten. Dip in chops, sprinkle with salt and pepper and roll in bread crumbs. Fry in hot fat. Cook five tomatoes in a little water (about half a pint), strain and season with one large saltspoon of salt, and four dashes of pepper. Put the chops on a platter and pour over the dressing. This is delicious.

Cucumber Salad—Cut the cucumbers in thin slices and soak in cold water for one hour; two good sized ones will do. Cut some cold, well salted potatoes in thin slices, using about half the quantity of potatoes that you use cucumbers. Mix them together and pour over the following dressing:

French Dressing—One-half teaspoon of salt, one-half saltspoon of pepper, three tablespoonfuls oil, one-fourth teaspoonful onion juice, one tablespoonful of vinegar. Mix in order given, adding oil slowly.

Eggplant Baked in Bread Crumbs—This recipe requires one young and tender eggplant, one tablespoonful of chopped parsley, one tablespoonful of vinegar; season with one teaspoonful of salt and three dashes of pepper; two tablespoonfuls of butter, if you can spare it, if not, one will do; two cups of bread crumbs, and two onions grated. Peel the eggplant and cut it in inch dice. Put it into the sauce-pan with one gill of boiling water. Simmer very gently until tender, but not entirely done, ten to fifteen minutes. Then throw it into a colander and drain as dry as possible, squeezing out the water with a saucer. Meanwhile, fry the onions in butter. When the eggplant is thoroughly drained, remove the sauce-pan and onions from the fire and stir the eggplant, pars-

ley, pepper, salt and vinegar and butter. If the eggplant has been properly dried it will absorb the butter entirely. Put in a baking dish, cover the top with browned bread crumbs and dots of butter, and bake twenty to twenty-five minutes in a good oven. There should be nearly one quart of the stewed eggplant for the above preparations, therefore, if you have not one large one, use two small ones. This is worth trying.

Elizabeth C. M. Smith.
No. 528 North Division Street, Buffalo, N. Y.

TUESDAY, SEPTEMBER THE FOURTEENTH.

BREAKFAST.

Stewed pears.
Baked hash. Cornmeal puffs.
Coffee.

LUNCHEON.

Bouillon. Wafers.
Banana sandwiches. Marshmallow cakes.
Tea.

DINNER.

Onion soup.
Beefettes. Baked sweet potatoes.
Green beans on toast.
Peach trifle. Coffee.

Stewed Pears—Peel and cut them in halves, leaving the stems on, and scoop out the cores. Put them into a sauce-pan, placing them close together, with the stem ends uppermost. Pour over a large cup of water, a small cup of sugar, five whole cloves, a stick of cinnamon, a tablespoonful of lemon juice; cover closely, stew gently till the pears are tender, then take out carefully and place on a dish for serving. Boil down the sirup until quite thick, strain and pour over the pears.

Baked Hash—One pint of cold cooked beef, chopped fine, one pint of chopped raw potatoes, one-half pint of gravy or water, one tablespoonful of melted butter, a large teaspoonful of salt, and a quarter teaspoonful of pepper. Mix all well together, turn into a mold, and bake in a moderate oven one hour.

Cornmeal Puffs—Sift together one and one-half cupfuls of cornmeal, one and one-half cupfuls of flour, one-half teaspoonful of salt and one-quarter of a cupful of sugar. Beat the yolks of two eggs, add to them one cupful of milk or cream, and stir into the dry mixture. Beat well and add the stiffly beaten whites of the

eggs, hastily stir in two teaspoonfuls of baking powder, and bake in gem pans in a hot oven.

Banana Sandwiches—Banana sandwiches are new and very nice. Take bread at least two days old, cut off the crust, and butter the end of the loaf; shave off a slice one-eighth of an inch in thickness, spread with plain mayonnaise salad dressing, and add thin slices of bananas. Cover with another slice of bread. Pile on a plate on which a doily has been placed.

Marshmallow Cakes—When making cookies roll out some of the dough thin and cut with a diamond-shaped cutter in size about four inches between its long opposite points. Place a marshmallow in the center and fold the two opposite long points over it and press them together. In baking, the marshmallow will swell and round the joined dough, which will be left like the handle of a tiny flat basket when the cooling marshmallow contracts.

Beefettes—Purchase one and one-half pounds of round steak cut about half an inch thick. Then cut in pieces about six inches long and four wide. Place on each piece a large tablespoonful of dressing made of one cup of stale bread crumbs, one tablespoonful of chopped parsley, one tablespoonful of chopped onion (browned), one-half teaspoonful of salt and two good dashes of pepper. Roll up the beefettes and fasten with wooden toothpicks. Put a tablespoonful of butter and a cup of water in a baking pan with the beefettes, and bake three-quarters of an hour in a hot oven. Baste often, and when done thicken the gravy, strain and pour over the meat and serve on a hot platter.

Green Beans on Toast—String one quart of fresh, tender beans, put over the fire, cover with boiling water and add a pinch of baking soda, boil a few minutes, then pour off the water. Return them to the fire, with hot water to cover, a large teaspoonful of salt and a saltspoonful of pepper. Toast six squares of bread, and when the beans are tender dip each slice in hot water; butter and arrange on a platter. Remove the beans with a skimmer and lay evenly on the toast. To the water left in the kettle add a cup of rich milk, and when it boils stir in a small tablespoonful of flour, rubbed smooth in a little cold milk and stir until done; add a tablespoonful of butter, and when melted pour over the beans and serve at once. The beans are left full length.

Peach Trifle—Make a boiled custard with the yolks of four eggs, one pint of milk and two tablespoonfuls of sugar. When cool flavor with a small quarter teaspoonful each of almond and vanilla flavor and set on ice. Cut stale sponge cake in slices, lay it in the bottom of a pretty dish and cover with a few spoonfuls of the custard. Peel and slice six large, ripe peaches, spread them over the cake, dust thickly with powdered sugar. Pour over this the custard and cover with a meringue made by whipping the whites of eggs with four tablespoonfuls of powdered sugar and four drops of almond flavoring to a very stiff consistency.

Mrs. Charles Adams.

No. 25 Union Street, Hornellsville, N. Y.

WEDNESDAY, SEPTEMBER THE FIFTEENTH.

BREAKFAST.

Peaches cream and sugar.
Spanish omelet. Indian waffles.
Coffee.

LUNCHEON.

Turbot. Stuffed potatoes.
Banana custard. Vanilla wafers.
Iced water with currant shrub.

DINNER.

Noodle soup.
Boiled mutton, with caper sauce.
Mashed potatoes. Filled peppers.
Tomato salad.
Bread pudding with sauce.
Coffee.

Spanish Omelet—Take six fresh eggs; beat the whites and yolks separately, then mix them together in a bowl and add six teaspoonfuls of warm water and sprinkle in a very scant teaspoonful of salt. Chop one small onion, one green pepper, two small potatoes and a sprig of parsley all together, very fine. Take the omelet pan, rub it with a clove of garlic which has been cut in two (you can omit the garlic if you wish), put in the pan a small lump of butter, let it get boiling hot, turn in the eggs, and when the eggs begin to thicken put in the chopped vegetables; turn the omelet carefully, and when done flop it over quickly onto a hot platter and serve immediately.

Indian Waffles—One cupful of flour, one of white cornmeal, two of sour milk, half a cupful of sour cream, half a teaspoonful of salt, two tablespoonfuls of sugar, one teaspoonful of soda, one tablespoonful of cold water and two eggs. Mix the sugar, salt, meal and flour; beat the eggs until they are very light; dissolve the soda in the tablespoonful of cold water and stir it into the milk and cream; pour the liquid upon the dry mixture, then add the beaten eggs and stir well; have the waffle irons very hot, grease them lightly, pour a thin layer of the batter into one-half of the iron, drop the other half gently upon the first one and turn the iron over. Cook until the waffle is brown on both sides—two minutes—and serve immediately while hot.

Turbot—One pint of steamed whitefish; take out the bones and sprinkle with one-half teaspoonful of salt; take one pint of new milk, one-half teaspoonful of salt, one-eighth pound of flour, one sprig of parsley and summer savory and three slices of onion; stir together one-quarter pound of butter and one egg

well beaten; put all this with milk on the stove and stir until it creams; then put it through a sieve; now take a baking dish and put into it a layer of fish, then one of the sauce, and alternate fish and sauce until the dish is full; sprinkle the top thickly with fine bread crumbs and bake in the oven half an hour. To be eaten hot.

Banana Custard—Beat well together three eggs and half a cupful of sugar, add two teacupfuls of milk, the grated rind of a lemon and the mashed pulp of banana until thickened like a thin batter, sprinkle the top with sugar and bake to a light brown. When cool cover the top with a meringue, made with the well-beaten whites of two eggs and four tablespoonfuls of sugar; return to the oven and brown. Serve cold.

Filled Peppers—Take as many large peppers as you need, either green or red and as round as you can get them, cut off the tops, take out the seeds, pour boiling water over them and cook gently for five minutes; drain thoroughly, then put in a baking dish and fill them—without pressing it down—with following mixture: Take enough of the white meat of a chicken or of veal to fill a cup when chopped fine, mix with it one and a half cupfuls of bread crumbs, that have been moistened with a little hot water to swell them, also one large, firm tomato (peeled) and two slices of onions chopped very fine, an ounce of butter, a level tablespoonful of chopped parsley, half a level teaspoonful of salt, a dash of red pepper and a raw egg well beaten; pour a little stock around the peppers and a very little over each one. Bake twenty-five minutes in a moderate oven.

Bread Pudding—Beat the yolks of four eggs until light and add the grated rind of a lemon; mix a quart of new milk with a pint of fine bread crumbs and add the yolks and sugar (two tablespoonfuls), turn into a buttered pudding dish and bake in a moderate oven until solid, but not watery. Cover with a meringue made from the whites of two eggs and four tablespoonfuls of powdered sugar; return to oven and brown.

Sauce—Half a cupful of butter, one cup of sugar, one egg and one teaspoonful vanilla; beat half an hour. Just before using stir into it quickly two tablespoonfuls boiling water. A most delicious sauce.

Ellen L. Stone.

No. 613 North Seventh Street, Burlington, Iowa.

THURSDAY, SEPTEMBER THE SIXTEENTH.

BREAKFAST.

Stewed pears.
Beef cake. Hot oatmeal muffins.
Potato rissoles. Coffee.

LUNCHEON.

Scalloped oysters.
Cabbage salad. Bread and butter.
Damson tart. Cocoa.

DINNER.

English chicken pie. Scalloped tomatoes.
Stewed celery. Tea cakes.
Lemon sponge. Tea.

English Beef Cake—Any cold roast meat left from previous day; to one pound of meat allow one-quarter pound bacon or ham, two dashes of pepper, one good-sized onion, one stalk of celery, sprig of parsley, two eggs. Mince beef very fine (if underdone it will be better); add to it the bacon or ham, which must also be chopped very small; mix well together; season; now mince onion, celery, parsley or any herbs you prefer; add this, beat up eggs, pour into the other ingredients, form into small square cakes about half an inch thick, fry in hot drippings and serve hot.

Hot Oatmeal Muffins—Three cups of oatmeal, three cups of flour, small half-cup of butter, one teaspoonful of salt, small half-cup of sugar; pour three-quarters of a cup of boiling water on one-half teaspoonful of baking soda and mix all together immediately. Cut out one-half inch thick; bake in hot oven twenty minutes.

Potato Rissoles—Take five good-sized potatoes; after boiling until soft, mash well, add one tablespoonful butter, one-half teaspoonful salt, two or three dashes of pepper, and, when liked, a little minced parsley. Beat up two eggs, roll the potatoes into small balls, cover with egg and bread crumbs, fry in hot lard until pale brown; let drain before fire, dish up on napkin and serve.

Scalloped Oysters—One pint oysters; grease a baking dish, put in layer of oysters, and between each layer sprinkle over a large handful of bread crumbs, dash or two of pepper and salt and little daubs of butter; continue so till oysters are all used; have bread crumbs on top; bake one-half hour; serve hot.

Damson Tart—One and one-half pints damsons, one-quarter pound brown sugar. Put damsons with sugar between them into a deep earthenware dish, place in middle a small cup turned upside down (this prevents juice from spilling), line edges of dish with pie-crust, then cover dish with same; ornament edges and bake one-half or three-quarters of an hour in a good oven. Serve hot at table, with cream. (This is English style, and there will be found an abundance of fruit to each portion of crust.)

English Chicken Pie—One large fowl. Skin and cut up into joints, put neck, leg and backbone in a stewpan, with a pint or so of water and an onion; add a saltspoonful of salt and let these stew for about an hour; strain off liquor (this is for gravy). Have ready three slices of bacon and three hard-boiled eggs. Put a layer of fowl at the bottom of a deep baking dish, then slice of bacon, one of the eggs cut in rings, and a pinch of salt and pepper. Proceed in this way till dish is full; use in all a teaspoonful of salt and a quarter-teaspoonful of pepper. Pour in

about one-half pint water, border edge of dish with ordinary pie-crust, cover dish over with same, ornament top and glaze with beaten yolk of an egg. Bake from one and one-quarter to one and one-half hours and when done pour in at the top the gravy made from the bones. (Can be served hot or cold.)

Stewed Celery—Wash four heads of celery; remove the outer green stalks; boil in slightly salted water till tender. Now take a pint of milk; peel and quarter one onion; simmer it in the milk till perfectly tender; strain; crumble one-half pound bread crumbs; pour milk over crumbs; add the celery, one tablespoon butter, one-half teaspoon salt, one-fourth teaspoon pepper; simmer for three minutes, when it will be ready to serve.

Tea Cakes—One pound flour, one fourth teaspoon of salt, one-eighth pound butter or lard, one egg, a piece of yeast half the size of a walnut. Put flour, dry, in basin; mix in salt; rub in butter or lard; beat egg well; stir to it the yeast; add these to the flour, with as much warm milk as will make the whole into a smooth paste; knead well; let rise near fire; when well risen form into cakes; place on tins and let rise again until spongy before putting into oven; bake from one-fourth to one-half hour in moderate oven. They are very nice split and toasted.

Lemon Sponge—One-half box gelatine, one and three-fourths pints water, three-fourths pound sugar, juice three lemons, rind of one, the whites of three eggs. Dissolve gelatine in the water; strain into saucepan; add sugar, lemon rind and juice; boil from ten to fifteen minutes; let stand till it begins to stiffen; then beat whites of the eggs; put them to it, and whisk the mixture till it is quite white. Put into a mold, which has been previously wetted; let it remain till perfectly set; then turn it out and decorate according to taste. Jessie Comport.

Kent, England.

FRIDAY, SEPTEMBER THE SEVENTEENTH.

BREAKFAST.

Cantaloupe.
Dried beef frizzled. Creamed potatoes.
Sliced cucumbers. Bread and butter.
Coffee.

LUNCHEON.

Eggs poached on toast.
Pie plant marmalade.
Brown bread. Bohemian buchtells.
Cocoa.

DINNER.

Green corn soup.
Weak fish. Sliced tomatoes. Mashed potatoes.
Marguerite salad.
Ginger pears. Wafers.
Coffee.

Bohemian Buchtells—Three cups of milk, one cup of sugar, half a cup of butter, two eggs, a level teaspoon of salt; flour to make a stiff batter; one cent's worth compressed yeast, in just enough warm water to dissolve it; fruit, fresh or canned. Warm the milk until you can just bear the touch. Add sugar, butter melted, eggs beaten, yeast and flour until thick enough to roll out on a moulding board, but use no more than you must in order to roll it out. Set to rise in a warm place. When very light turn onto a board, and roll out until a third of an inch thick; then cut into four-inch squares. In each one of these place a small piece of fruit and a sprinkling of sugar. Gather the edges together, pressing them, so that they do not separate, and set into a large dripping pan. Rub each one with a little melted butter and sprinkle over sugar and cinnamon. Let rise again until even with the top of the pan, and bake. These can be made the day before using; leave in the pan, and a few minutes before needed set in a hot oven.

Pie Plant Marmalade—One and one-half pounds of pie plant; one pound sugar, half an ounce bitter almonds, blanched and cut in halves; one lemon cut into small pieces. Boil well together until quite thick. Delicious, and will keep any length of time.

To Prepare Suet for Frying—Take five pounds nice beef suet, cut into small pieces, removing all the fibre. Put into a double boiler to melt. Press it off as fast as it melts into the frying kettle, that should be on the back of stove. When all the suet is melted, add one pint olive oil. This makes a good quantity to start the kettle, and by adding scraps of suet from steak occasionally, and a few spoonfuls of oil, will last a medium-sized family for a year. Should be strained each time it is used, to keep free from sediment, and to prevent its getting strong.

Marguerite Salad—Cut five hard-boiled eggs into slices about an eighth of an inch thick. Remove the yolks carefully, so as not to break the rings. Place the rings on a lettuce leaf or cress in a circle, overlapping each other. Beat the yolks thoroughly with two tablespoonfuls of oil, a few drops of lemon juice, an even saltspoon of salt, and a sprinkling of cayenne. Heap with a teaspoon into the center of each ring.

Ginger Pears—Six pounds of sugar; eight pounds of pears, peeled and quartered; one pint water, half pound preserved ginger, grated peels of three lemons, with juice of one. Boil from four and a half to five hours, until clear, and dark as the ginger. Very nice served with ice cream. When used as a dessert, heap on wafers, and pour cream, whipped or plain, over them.

Chili Sauce—Eight quarts tomatoes, ten small cayenne or red peppers, two cups onions, three cups sugar, one cup salt, three pints vinegar, three teaspoons cloves ground, three teaspoons cinnamon four teaspoons each ground ginger and nutmeg. Chop tomatoes, peppers and onions very fine. Boil all together three hours. Bottle while hot and seal.

Mrs. Phebe B. Gehr.

Riverside, Illinois. P. O. Box 242.

SATURDAY, SEPTEMBER THE EIGHTEENTH.

BREAKFAST.

Baked pears with cream and sugar.
Calves' liver fried in crumbs.
Duchess potatoes. Hominy griddle cakes.
Coffee.

LUNCHEON.

Cold roast mutton broiled. Dressed celery.
Graham bread.
Lemon layer-cake. Apple cream.
Cocoa.

DINNER.

Canelon of beef. Baked sweet potatoes.
Scalloped okra and tomatoes.
Plain cookies. Peaches and cream.
Coffee.

Liver Fried in Crumbs—Cut the liver in slices, sprinkle with salt and pepper, dip in beaten egg and very fine cracker crumbs. Fry six minutes in boiling lard.

Duchess Potatoes—Cut cold boiled potatoes into cubes, sprinkle well with salt and pepper, and dip in melted butter, and lightly in flour. Arrange them on a baking sheet and bake fifteen minutes in a quick oven. Serve very hot.

Cold Roast Mutton Broiled—Cut the mutton in inch-thick slices, and score them; mix two teaspoonfuls of mustard with four of olive oil, two of vinegar and a dash of cayenne pepper; spread this mixture in the incisions in the mutton, then broil meat over a clear, hot fire. Place them on a heated platter, sprinkle with salt and pepper and dot with pieces of butter. Serve very hot with currant jelly.

Apple Cream—Stew apples, leaving quarters whole. Skim them into a glass dish, and whip with egg-beater one cup of cream and one cup of sugar; pour over the apples. When cold serve.

Scalloped Okra and Tomatoes—Cut the okra in thin slices

and pare and slice the tomatoes, allowing one pint of tomatoes to two of okra, and water enough to cover. When they have been stewing fifteen minutes add one teaspoonful of salt, one-fourth of a teaspoonful of pepper and one tablespoonful of butter. Turn into a deep dish; cover with bread or cracker crumbs, dot with butter and bake half an hour. Mrs. John Buie.

No. 170 Harding Avenue, Chicago.

SUNDAY, SEPTEMBER THE NINETEENTH.

BREAKFAST.

Grapes.
Sweetbreads in tomato.
Graham biscuits. Baked potatoes.
Coffee.

LUNCHEON.

Pickled lambs' tongues.
Buttered bread. Plum shortcake.
Tea.

DINNER.

Tapioca and milk soup.
Roast duck and sweet potatoes.
Scalloped onions. Hominy croquettes.
Coffee sherbet.

Sweetbreads in Tomato—Procure one pound calf's sweetbreads; remove all the tough parts; put them in cold water to soak over night; wash in morning and put them over the fire in cold water. As soon as it boils pour it off, put on more; let them simmer half an hour; add to the water a tablespoonful of salt ten minutes before taking off the fire; drain and cool by plunging into cold water; then drain. This process of parboiling makes or mars the delicious flavor of the sweetbreads. The thin membrane which covers each section must be removed. Should these pieces have a reddish tint they are not cooked enough, boil a few minutes more. Slice and fry to a golden brown in two tablespoonfuls of butter or drippings. Pare five medium-sized tomatoes and cut into small pieces. When the sweetbreads are brown remove them and cook the tomatoes in the butter in which they were fried. Stir often and let them cook to pieces. Season with a half-teaspoonful of salt, one-fifth teaspoonful of pepper and a pinch of cloves. When they have cooked to a smooth consistency stir in a teaspoonful of butter rolled in flour. Drop the sweetbreads in the tomatoes, boil up once and serve.

Pickled Lambs' Tongues—Boil until tender in salted water,

using a tablespoonful of salt to two quarts of water; then remove the skin, place the tongues in a jar, and pour over sufficient hot vinegar to cover, adding a teaspoonful of whole peppers, and three whole cloves, if liked; cover close and they are ready for use the next day.

Plum Shortcake—One quart of flour, sifted dry, with two large teaspoonfuls of baking powder, one tablespoonful of sugar and a good pinch of salt. Add three tablespoonfuls of butter, and sweet milk enough to form a soft dough. Bake in a quick oven, and when partially cooled split open, spread liberally with butter and cover with a layer of plums, which have been previously stewed, sweetened and cooled (a quart of unstewed plums is needed), laying the other half on top and spreading in the same manner with the plums. This is first cousin to strawberry shortcake in point of toothsomeness.

Tapioca and Milk Soup—Use half a cupful of tapioca, two cupfuls of water, two pints of milk, two tablespoonfuls of butter, one of flour, one teaspoonful of salt, one-fourth teaspoonful of pepper, one medium-sized onion, two blades of celery and a slight grating of nutmeg. Wash the tapioca and soak it for six hours in the two cupfuls of cold water, put it in a double boiler and cook an hour. Then put the milk in another double boiler and set it on the stove to heat. Now put the butter, the onion and the celery, chopped fine, into a small frying-pan and cook slowly for ten minutes; add the flour and stir until smooth and frothy. Pour the contents of the pan into the boiler of hot milk; add the salt, pepper and nutmeg; cook ten minutes longer. Then strain the milk mixture into the boiler containing the tapioca and cook all for half an hour.

Roast Duck—Select a two or two and a half pound bird; clean and truss the duck and stuff with a dressing made as follows: Take one pint of stale bread (there must be no hard pieces) and break into very fine crumbs; add a half teaspoonful of salt, a quarter teaspoonful of pepper, a half teaspoonful of chopped parsley, half a teaspoonful of powdered sage, one-half teaspoonful of summer savory, a teaspoonful of chopped onion (if liked) and one-third cupful of butter; mix well. This gives a rich dressing that will separate like rice when served, and is good with any fowl. Rub the bird with a teaspoonful of salt before stuffing it. Take soft butter in the hand and rub thickly over the fowl, then dredge rather thickly with flour so it will be just covered. Putting the butter and flour on makes a paste, which keeps the juices confined and also gives a rich basting. Place on the meat rack in a hot oven for a few moments to brown the flour, then add water enough to cover the pan. The water must be renewed a little at a time when needed. Baste every fifteen minutes with the gravy in the pan, and dredge with a little salt, pepper and flour. When one side is browned, turn and brown the other. This will bake in an hour in a quick oven. Before sending to the table squeeze over it the juice of a lemon or orange, and serve up very hot with its own gravy about it. Eat with currant jelly. Chop the giblets fine

and stew slowly in as little water as possible with a tablespoonful of butter rolled in flour. Season with a saltspoonful of salt and three dashes of pepper. Serve in a gravy boat.

Select long, slender sweet potatoes, peel and lay in the roasting-pan around the duck a half an hour before it is done. The gravy will flavor them nicely.

Coffee Sherbet—To a pint of strong coffee add a pint of double cream and six ounces of sugar and six drops of vanilla essence. Use a tablespoonful and a half of fine ground coffee to a half pint of water. Put coffee, cream, sugar and extract in the freezer surrounded with salted ice; keep the sides free as fast as the ice begins to cling. When congealed serve in glasses.

Janesville, Wis. Shirley de Forest.

MONDAY, SEPTEMBER THE TWENTIETH.

BREAKFAST.

Jellied grapes.
Stewed salt cod. Broiled potatoes.
Oatmeal gems. Cocoa.

LUNCHEON.

Cold boiled ham. Corn oysters.
Thin sliced bread and butter.
Luncheon biscuit. Tea.

DINNER.

Salsify soup.
Mutton haggis. Bechamel sauce.
Baked Irish and sweet potatoes. Mashed turnips.
Pickled red cabbage.
Swiss cream. Coffee.

Oatmeal Gems—Soak two cups of rolled oats over night in one and a half cups of sour milk; in morning add half a cup of molasses, a teaspoonful of soda, a teaspoonful of salt, cup of wheat flour and two eggs; mix thoroughly and bake in gem pans in a hot oven fifteen minutes.

Luncheon Biscuit—Take one pound of bread dough and mix with it a tablespoonful of shortening and two tablespoonfuls of sugar; roll into thin sheet, cut in two, spread on half one cup of currants, half a cup of raisins, half an ounce each of lemon and citron peel, chopped fine; cover with other half, pass rolling-pin over a few times, cut into fancy shapes, brush with white of egg; let stand half an hour. Bake in a hot oven fifteen minutes.

Salsify Soup—Scrape six roots, throw in water with a teaspoonful of vinegar to keep from turning black; cut into small

pieces and cook until tender in a quart of water; add one pint of milk, one large tablespoonful of butter, one teaspoonful of salt, one-half of pepper. Boil up and serve.

Mutton Haggis—Chop quite fine the uncooked heart, tongue and half-liver of a sheep, mix with them half their weight in chopped bacon, half-cup bread crumbs, grated rind of a lemon, quarter-teaspoonful of pepper (the bacon should make them salt enough), two well-beaten eggs; pack in a buttered mold, cover, place in a kettle partly filled with boiling water and cook slowly two hours. Serve with:

Bechamel Sauce—Put four tablespoonfuls of butter and three of flour in a sauce-pan, pour on this three gills of boiling water; tie together a bay leaf, sprig parsley, one of thyme, put in a sauce-pan, with small slice of carrot, half an onion, tiny bit of mace, eighteen peppercorns, a half-teaspoonful of salt, two tablespoonfuls of gravy or stock; simmer gently half an hour; strain; add three gills cream, let it come to boiling point, and serve.

This is one of the most useful sauces; it may be used with fish, poultry or vegetables.

Pickled Red Cabbage—Slice a solid head of red cabbage in thin strips; sprinkle lightly with salt; let stand over night; in the morning drain and cover with boiling vinegar, to which add a dozen cloves and twice as many peppercorns. This will make two quarts.

Swiss Cream—Lay one-quarter pound of macaroons in a glass dish, mix two tablespoonfuls of cornstarch with three of milk, put a pint of cream over the fire and when near boiling stir in cornstarch; cook slowly three minutes; remove from fire and flavor with teaspoonful of vanilla; pour over macaroons. When cold dot with bright bits of jelly or candied fruit.

Mrs. R. A. Lonsdale.

No. 7633 Madison Avenue, Chicago.

TUESDAY, SEPTEMBER THE TWENTY-FIRST.

BREAKFAST.

Stewed plums.
Hamburg steak. Cream potatoes.
Baking powder biscuits.
Coffee.

LUNCHEON.

Lettuce salad with cream dressing.
Bread and butter. Tea.
Potato pancakes. Apple sauce.

DINNER.

Ox-tail soup.
Mock duck. Red cabbage.
Boiled potatoes. Celery-root salad.
Bread and prune pudding.
Coffee.

Stewed Plums—Pour boiling water on a dozen of large blue plums; take off skin; halve them and take out stones. In small granite stewpan put one-half cup of sugar and as much water; when this boils put in plums and stew for ten minutes.

Potato Pancakes—Grate ten good-sized potatoes into a pan with cold water. When all are grated drain in a fine sieve or lay a piece of cheese cloth on a colander and press out all the water. To the pulp add four eggs and two teaspoonfuls of salt. Have the griddle very hot and well greased. Put in two tablespoonfuls of the batter and spread out into a flat cake. Bake to a crisp brown on both sides. Never use the least bit of flour, or you will surely spoil them.

Lettuce Salad—Wash two heads of lettuce; tear each leaf into two or three pieces; drain until dry and pour over it the following dressing:

Cream Dressing—Put a level teaspoonful of salt into small bowl; mix with half a cup of sweet cream; then pour into this two tablespoonfuls of vinegar; stir rapidly, so it will not curdle.

Ox-Tail Soup—Cut two ox tails into short pieces; roll in flour, two tablespoonfuls will do. Put in soup-kettle, with three quarts of water, a heaping teaspoonful of salt, one dozen peppercorns, two whole onions, one carrot, one small turnip, one stalk of celery, three sprigs of parsley. Let boil slowly for three hours. Take out the tails; strain the soup, and remove all fat. Pick meat off the bones; cut into small pieces and put in soup tureen. Pour over the hot soup and serve.

Red Cabbage—Cut up a medium-sized head of red cabbage same as for slaw, put in granite stewpan, cover with boiling water, add half level tablespoonful of salt, a generous tablespoonful of good dripping or sweet lard and five tablespoonfuls of vinegar. Let this cook slowly for two hours, then dust in one-half tablespoonful of flour and cook ten minutes longer. This is the German way of cooking red cabbage, and is excellent.

Celery-Root Salad—Wash four celery roots; boil in salted water, allowing about one-half tablespoonful to two quarts of water, until they can be easily pierced with a fork. When done throw into cold water and scrape off the skins. Cut into thin slices and pour over a plain French dressing. Serve very cold.

Bread and Prune Pudding—In the morning put one pound of prunes in warm water and let soak all day. Butter a baking dish and put in a layer of stale bread cut in thin slices and slightly buttered, then a layer of prunes with stones removed, and so

until dish is filled, the last layer being bread. Beat up two eggs with one-fourth cup of sugar, add one pint of milk and pour over the bread and prunes. Bake one hour.

Eda E. Luebbers.

No. 606 Sedgwick Street, Chicago.

WEDNESDAY, SEPTEMBER THE TWENTY-SECOND.

BREAKFAST.

Bananas.
Cup omelet. Baked potatoes.
Corn and rice muffins. Coffee.

LUNCHEON.

Ham and egg sandwiches.
Spiced peaches.
Jam puffs. Tea, with lemon juice.

DINNER.

French shoulder of veal.
Mashed potatoes. Sweet potatoes baked.
Jellied grapes. Coffee.

Cup Omelet—One and one-half cups cold meat (any kind) chopped fine, one and one-half cups of bread crumbs, three beaten eggs, one cup of milk, three-quarters teaspoonful of salt, one-half saltspoonful of pepper. Stir all together and fill five small buttered cups; set cups in pan of hot water and bake until firm in center. Turn out on a platter and serve.

Corn and Rice Muffins—Two cups of white cornmeal sifted with a teaspoonful of salt, one and one-half cups of boiled rice, one teaspoonful of lard, enough boiling water to scald it all and leave it thick (about three cupfuls); let cool, then add one cup sour milk, one-half teaspoonful of soda dissolved in milk and two well-beaten eggs. Bake in gem tins one-half hour.

Ham and Egg Sandwiches—Chop one cupful of cold boiled ham very fine, put three fresh eggs into boiling water and let simmer one-half hour, then place them in cold water to remove the shells easily; chop the eggs fine, add to the ham; season with a saltspoonful of dry mustard and one-half that quantity of cayenne pepper. Slice bread a day old very thin, cut in rounds with biscuit cutter, spread thinly with butter, then with the ham and egg mixture, cover with another buttered round. (The crusts and pieces of bread should be dried in a slow oven and rolled to be used in croquettes, etc.)

Spiced Peaches—To seven pounds of peaches take four pounds of sugar and a pint of vinegar. Stick two cloves into each peach, prick with a fork and stew until tender. Lay them in a jar and pour on them the well-boiled and boiling sirup. Let them stand twenty-four hours, pour off the sirup, scald and pour again over the fruit. When cold they are ready for use. Peaches that are not soft enough to slice may be used.

Jam Puffs—Roll out puff paste very thin, cut in rounds with large cookie-cutter, lay a tablespoonful of jam (any kind) on each, wet the edges with white of an egg, fold over and pinch the edges firmly together, brush over with the egg and bake fifteen minutes.

The above makes a good school lunch, in which case each separate piece should be wrapped in tissue paper, the peaches put in a small glass or earthen dish with cover, and a bottle of milk or milk and coffee substituted for the tea.

French Shoulder of Veal—Cut the meat into cubes and parboil them. Put the bones and trimmings into another pot and stew them slowly for two hours (to make the gravy) in a quart of water. Put the meat into the dish in which it is to be served, sprinkle over it a teaspoonful of salt, a fourth as much cayenne pepper, the yellow rind of a lemon grated and half a grated nutmeg. Use the juice of lemon for tea. Add a tablespoonful of butter rolled in the same quantity of flour; strain the gravy, pour it over the meat and bake until brown in a hot oven.

Jellied Grapes—Place two cupfuls of washed and stemmed grapes in a deep dish (a good way to use the loose grapes in a basket), sprinkle among them one-half cup each of boiled rice and sugar, pour over them one-half cup of water, cover close and bake two hours in slow oven. Serve very cold with cream. A delicate dish.

Mrs. Carrie Lawton.

Delavan, Wis.

THURSDAY, SEPTEMBER THE TWENTY-THIRD.

BREAKFAST.

Peaches.
Oatmeal, sugar and cream.
Oysters à la Kalamazoo.
Buttered toast.
Coffee.

LUNCHEON.

Eggs à la Carracas.
Bread and butter sandwiches.
Fried apples.
Tea.

mixed in a little cold water before stirring in. When the cream is nicely cooked, season with a saltspoonful of salt and a teaspoonful of butter; set the toast and cheese in the oven for four minutes; then pour the cream over them.

Celery Salad—Cut the white stalks of celery into pieces a half-inch long. To one pint of these pieces allow a half-pint of mayonnaise dressing. Dust the celery lightly with salt and pepper; mix it with the dressing; heap it on a cold plate, garnish with white tips of the celery and serve at once. Do not mix the celery and dressing until you are ready to use the salad.

Peanut Cookies—Shell sufficient peanuts to give one pint of the meats. Rub off all the inner skin and chop very fine, or put through a meat cutter. Cream together two tablespoonfuls of butter and one cup of sugar; add three eggs, two tablespoonfuls of milk, one-fourth teaspoonful of salt, the chopped peanuts, and flour enough to make a soft dough. Roll out, cut in circles and bake in a moderate oven.

Tomato Tapioca Soup—To one pint of strained red tomatoes add one-half tablespoonful of extract of beef, one tablespoonful of butter, three small tablespoonfuls of minute tapioca, one and one-half pints of hot water, a teaspoonful of salt and a quarter teaspoonful of pepper; boil fifteen minutes. Serve with croutons.

Halibut Steak Stuffed and Baked—Secure two shapely steaks; wash and thoroughly dry them with a towel. Make a stuffing from a cupful of crumbs, tablespoonful of butter, a tablespoonful of onion juice, one of chopped parsley, a dash of cayenne, quarter teaspoonful of black pepper, just a grating of nutmeg and quarter of a teaspoonful of salt. Place one steak in the baking-pan; lay carefully over it the stuffing and place above it the other steak. Put small pieces of butter over the top, and dust slightly with salt and pepper. Bake until a golden brown, about thirty minutes. Cover the pan tightly for the first twenty minutes. Serve on a hot platter, with garnish of sliced lemon.

Frizzled Beans—String and break into inch lengths as many beans as are required for five persons; boil until tender in plenty of salted water; drain in a colander and dredge slightly and evenly with sifted flour. Put a tablespoonful of butter in a frying-pan, and when hot pour in the beans and turn frequently; allowing all to come next to the pan in turn. Serve hot.

Peach Pudding—Pare and stone one quart of ripe peaches, and cut in quarters. Beat the whites of three eggs with half a cup of powdered sugar until it is stiff enough to cut with a knife. Take the yolks and mix with half a cupful of granulated sugar and a pint of milk. Put the peaches into the mixture, place in a baking dish and bake until almost firm; then put in the whites, mixing all thoroughly again, and bake a light brown. Serve ice cold.

Marion C. Wilson.

No. 6407 Lexington Avenue, Chicago.

SATURDAY, SEPTEMBER THE TWENTY-FIFTH.

BREAKFAST.

Peaches.
Minced meat on toast.
Hashed and browned potatoes.
Graham muffins. Maple sirup.
Coffee.

LUNCHEON.

Salmon salad. French dressing.
Sliced tomatoes. Bread and butter.
Cantaloupe. Tea.

DINNER.

Green corn soup.
Lamb chops, breaded. Baked potatoes.
Summer squash.
Frozen peaches. Lemon sponge cake.
Coffee.

Hashed and Browned Potatoes—One quart cooked potatoes, cut into pieces, two tablespoonfuls of butter, one tablespoonful of flour, one teaspoonful of salt, one-quarter teaspoonful of pepper, one teaspoonful of minced onion, one-half pint soup stock. Put the onion and half the butter into a frying-pan, and when the onion turns a light straw color, add the flour and stir until smooth and frothy. Gradually add the soup stock and stir until it boils, then add half the salt and pepper and cook five minutes; season the potatoes with the remainder of the salt and pepper and stir them into the sauce and cook five minutes without stirring. Put the remainder of the butter into another frying-pan, and when it is quite hot turn the potatoes into this pan and cook fifteen minutes, until browned thoroughly. Fold them over like an omelet, and turn on to a warm dish and serve at once, garnishing with a little parsley.

Salmon Salad—One quart cooked salmon, two heads of lettuce, two tablespoonfuls of lemon juice, one tablespoonful vinegar, one-half teaspoonful salt, one-quarter teaspoonful pepper, one cupful of French dressing. Break up the salmon and season it with the salt, pepper, vinegar and lemon juice. Keep in a cool place for two hours. At serving time (save enough of the lettuce leaves, well washed, to border the dish), tear the remainder in pieces and arrange these in the center of a flat dish; on them heap the salmon lightly and cover with the dressing. Arrange the whole leaves at the base. Any kind of fish left from the day before may be used for this salad.

French Dressing—Three tablespoonfuls of olive oil or melted butter, one tablespoonful of vinegar, one-half teaspoonful of salt—or less, if butter is used—one-quarter teaspoonful of pepper, if desired also, one-half teaspoonful mustard. Mix thoroughly one tablespoonful of the oil with the salt and pepper and mustard, then add the remainder of the oil and the vinegar.

Lamb Chops, Breaded—Take about two pounds of lamb chops, having had the bones taken out; rub over them a teaspoonful of salt and a quarter-teaspoonful of pepper, then dip them in one well-beaten egg, and roll in fine cracker crumbs, and fry brown in hot butter.

Fried Summer Squash—Take three or four small and tender summer squash (crooknecks are the best), cut in slices about one-half inch thick, taking out the seeds; boil them half an hour, or until tender, in slightly salted water. When done, fry them in butter until a delicate brown.

Frozen Peaches—One quart of quite ripe peaches, after they are peeled and cut into pieces, one heaping pint of granulated sugar, one quart of water, two cupfuls of whipped cream; boil the sugar and water together ten or fifteen minutes and cool. Rub the peaches through a sieve, add them to the sirup and freeze. When the beater is taken out, stir in the whipped cream; cover and set away an hour before serving.

Lemon Sponge Cake—Five eggs, one and a quarter cups of sugar, one and a half cups of flour, the juice and grated rind of half a lemon, one pinch of salt; beat the yolks and sugar together until very light, add the lemon juice and rind and salt; beat the whites to a stiff froth; stir the flour and this froth alternately, part at a time, into the beaten yolks and sugar, folding carefully from the sides of the bowl, so as not to break the froth. Fill the pan about half full, and put into the oven not quite hot enough to bake, leaving one door ajar, until it rises almost to the top of the pan. Then close the oven and bake about three-quarters of an hour. Very delicate and nice.

Miss Ella Sloane.

No. 522 East Castilla Street, Colorado Springs, Colo.

SUNDAY, SEPTEMBER THE TWENTY-SIXTH.

BREAKFAST.

Cantaloupes.
Fried tomatoes. Creamed fish.
Rice griddle cakes.
Coffee.

LUNCHEON.

Meat patties. Pop-overs.
Sliced peaches.

DINNER.

Cream of celery soup.
Chicken southern style. Corn oysters.
Egg plant. Stewed tomatoes.
Grape tart.

Fried Tomatoes—Six washed tomatoes, a half cup of flour, teaspoon level full of salt, one-third as much pepper. Scald and skin tomatoes and cut larger ones into three slices, small ones into two. Put flour into a soup-plate with salt and pepper, mixing well. Roll each slice of tomato in this seasoned flour and fry in a pan in very hot lard; that is, have the lard very hot when you put in the tomatoes; then let them cook very slowly; when a dark brown turn, and fry on other side.

Tomatoes may also be fried in bacon drippings and are delicious with the crisped bacon.

Creamed Fish—This dish is delicious, no fish freshly cooked being better. Put a good tablespoonful of butter in a pan, let it brown slightly (the browning gives the sauce a rich color), and add an even tablespoonful of flour; blend well and add milk till consistency of rather thick sauce or gravy. Seasoning: A level teaspoonful of salt, a half saltspoonful of pepper and ginger each; a shake of cayenne and two or three of mace. Cook two or three minutes, add a cupful of cold cooked fish in pieces size of lima beans or larger, and cook ten minutes. Serve in hot platter garnished with parsley.

Rice Griddle Cakes—Break three eggs, putting the yolks into a large bowl (size used for cake mixing), the whites into a smaller one. Add a large cup of milk and level teaspoonful of salt to yolks and beat well with dover beater. Now add flour enough to make a very stiff batter, almost dough, and beat hard for three or four minutes. When so beaten put in milk until you have a rather thin batter which will be perfectly smooth and aerated. Next put in a cup of rice, cooked, the grains well separated, one heaping teaspoonful of baking powder and the whites of eggs, beaten to a stiff froth. Bake on griddle, dipping always to bottom of bowl, as the rice sinks. Never turn a cake twice—it makes it heavy. Remember the batter should be as thin as you can manage to bake it. The thinner the batter the more delicate the cake or waffle.

Coffee—An excellent way to make coffee and get its full strength is as follows: Grind as much coffee as you require, very fine, put into pot with crushed eggshells, adding water in regular proportion to coffee used. Let this come slowly to a boil, keeping it tightly covered. When the boiling point is reached, draw back a moment and then again let it come to a boil. Send immediately to table, and you will find your coffee is stronger and smoother, with a finer aroma than when made in the usual manner. Never use the whites of eggs to clear. It coats the grounds and the essence cannot escape.

Meat Patties—When you make pie crust always fill your tart tins and keep these paste shells for meat patties as well as tarts. Do not bake them too brown, so they may take just the right color when heated over for the patties. For the filling of meat patties fry two or three slices of onion brown in a tablespoonful of butter, adding a bay leaf, a saltspoonful of salt, and a half-saltspoonful of pepper, as much ginger, a shake of cayenne and nutmeg each, a teaspoonful of Worcestershire sauce, and, when the butter is right brown, add enough good soup stock to make a rather thick gravy. Strain, return to pan, and put in a cup of cold cooked meat (preferably veal or lamb), which has been minced very fine. Let cook five or ten minutes and fill into pattie-cases which have been heated very hot in the oven. Send to table on hot platter.

Cream of Celery Soup—Celery soup made of milk, celery, butter, flour and a little onion juice is very good, but it is not the best that can be made by any means. The best results are arrived at from the following method of preparing: Cut up tolerably fine a pound of round steak (or use its equivalent in odds and ends of cold meat) and put in a pot with two quarts of cold water. Bring to a boil, and then set back to simmer gently, covered. At the end of two hours add a stalk of celery, cut in inch pieces, a good half-cup of rice, a teaspoonful of salt and a small onion, sliced. Let all simmer for two hours longer, and then add a cup of rich milk and strain. There should be a quart of stock before putting in the milk. The rice both thickens and helps flavor the soup. If you wish to add another touch a cup of whipped cream is in order, and a couple of large spoonfuls of cooked rice is also an addition.

Southern Chicken—Steam the chicken when nicely dressed (whole) for one hour, if young; until tender if older; putting the gizzard, feet (skinned) and neck in the water below the steamer, of which there should be a good pint and a half in the pot when the steaming is finished. A chicken a year old or a little less is as good if not better than one younger. When steamed, take out and put down in the chicken stock in the pot to cool and absorb the juice. Do this in the morning and let stay till dinner time, when the chicken is removed and cut up for frying; or, if small, divided into two pieces, the legs, second joint and lower part of back forming one piece, the breast and wings the other. Put in a soup plate one-half cup of flour seasoned with one saltspoon of pepper and one-half teaspoonful of salt; roll the pieces of chicken in this and put on to fry in drippings—lard and butter mixed—or, better still, in chicken fat, if there was any taken from the stock in the pot. The chicken being already cooked, it is only necessary to fry until you have a golden brown surface to the pieces, when you remove to a hot platter and stand in warming oven. Put a tablespoonful of flour in the pan (and a little extra butter of necessary) and let it brown very slightly; then add the chicken stock and a half-cup of cream or milk. Season with a half teaspoonful

of salt and a saltspoonful pepper. Strain this gravy over the chicken, and send to table garnished with parsley or the tops of celery.

Corn Oysters—Grate eight ears of corn and scrape the cob. Beat (separately) two eggs, adding the yolks to pulp, with a teaspoonful of salt. Next add a small cup of cracker crumbs, and lastly the beaten whites. The amount of crumbs depends upon the milkiness of the corn—a thick corn batter being necessary. Never use flour or milk—the cracker carries out the oyster flavor and idea admirably, being a real addition. Fry (oyster shape) in hot lard or drippings. Put in oven to keep hot and crisp a little while others are frying.

Eggplant—Never cook it in batter; it is abominable. Peel, slice, and sprinkle each slice with salt at noon. Put in a bowl with a plate on top, a flat-iron to press it down. At dinner time wash dry, roll in flour, seasoned with pepper (salt will be unnecessary) and fry in hot drippings or sweet lard to a rich dark brown.

Stewed Tomatoes—Scald, skin and cut in pieces the amount you wish to use. For a quart or little over put in the saucepan with the tomatoes a small onion (it improves the flavor), a good teaspoonful of salt, half a saltspoonful of pepper, one shake of cayenne and a tablespoonful of sugar. Let the tomatoes cook slowly uncovered three-quarters of an hour, when they should look "boiled down" and a rich color. A few minutes before serving add a large-sized slice of bread cut in neat small dice.

Grape Tart—Prepare the grapes by "popping" the pulp out of the skin, cooking till soft, rubbing through a soup sieve, returning with the skins to the cooking vessel, adding a cup of sugar for each cup of water and boiling gently for fifteen minutes or more. You now have a rich, seedless grape filling for your tarts. The tart shells are, of course, made of good pie crust, for which an unfailing recipe is as follows: Use any size cup or tumbler for measuring you desire, only preserving the exact proportions. Three even cups of flour, one-half saltspoonful of salt, two even cups of shortening and a scant one of ice water, in which is the juice of half a lemon and a pinch of salt. Cold is the secret of good pie crust. Put your flour on a bread board and a cup and one-third of lard in the midst; chop them together till well mixed, and if the lard is not fine enough rub quickly between the hands. Now work in the water with a knife, not touching with the hands (some flour takes more water than others, but bear in mind that you want a stiff, not a soft, dough). Now sprinkle with flour, roll out with a rolling-pin and spread with one-third cup butter. Cut in three pieces, piling them together; again cut in three and pile together; sprinkle with flour and flatten (by little blows) with the rolling-pin. Now put on a platter or a plate or in a small porcelain dripping pan and put it on ice. When thoroughly cold roll out again, spread with one-third cup of butter (the last of your two cups of shortening), cut, pile up, pound together and put on ice as before. When next cold it is ready to be baked as pies or tarts—and almost equal to

the best of puff paste. The directions when read once seem elaborate, but tried once they seem as simple as any pie crust. It may be kept on ice for several days.

Mrs. K. G. Williams.

No. 583 LaSalle Avenue, Chicago.

MONDAY, SEPTEMBER THE TWENTY-SEVENTH.

BREAKFAST.

Concord grapes.
Ham and rice. Hot buttered toast.
Roll breakfast cake. Coffee.

LUNCHEON.

Stuffed eggs. Broiled potatoes.
Cold slaw.
Honey tea cake. Tea.

DINNER.

Pea soup.
Braised liver. Baked sweet potatoes.
Lima beans.
Brown Betty. Coffee.

Ham and Rice—Chop very fine one cupful of the crumbs and trimmings of boiled ham. Boil one cup of rice and mix the ham with it while hot; add one tablespoonful of butter; pile it lightly on a platter. Beat three eggs, add one pint of milk, cook it over boiling water until thickened slightly; then pour it over the rice and serve at once.

Roll Breakfast Cake—Two coffee cups of bread dough when ready for the baking pans, four scant tablespoonfuls of butter, two of sugar, the white of one egg well beaten, a saltspoonful of soda dissolved in a little water, and one-half teaspoonful of finely ground cinnamon. Mix all thoroughly together, using sufficient flour to make the dough stiff enough to roll. Roll one-fourth of an inch thick and spread with a paste made by stirring two-thirds of a cup of sugar into one well-beaten egg; roll up like jelly cake, cut transversely into pieces one inch thick, set on ends close together in shallow tins, let stand till very light and bake in a rather quick oven. Excellent warm or cold.

Honey Tea Cake—One cup of honey, half a cup of sour cream, two eggs, half a cup of butter, two of flour, scant half-teaspoonful of soda, one teaspoonful of cream of tartar. Bake thirty minutes in a moderate oven.

Pea Soup—Pick over one cup of split peas, wash and put

them into one quart of rapidly boiling water. Boil steadily until tender and dissolved. Then rub them through a gravy-strainer, and put on to boil again; add one pint of milk. Dissolve one tablespoonful of flour in one tablespoonful of melted butter; add one teaspoonful of salt and one saltspoonful white pepper. When the soup is boiling stir in the seasoning and cook ten minutes longer. Serve with toasted crackers or fried cubes of stale bread.

Braised Liver—Scald and remove as much of the skin as possible. Pin thin slices of salt pork or bacon over the rounded side, using small wooden skewers to hold them in place. Fry one sliced onion and put it with the liver into a deep granite pan or a large-mouthed jar—anything that can be covered closely. Cover with boiling water; add one-half teaspoonful of salt, one saltspoonful of pepper, four whole cloves and one teaspoonful of whole thyme or marjoram. Place the pan in a moderate oven, cover closely and cook slowly from two to three hours. After the water is reduced one-half baste often, and when the liver is tender remove it and put the liquor on to boil. Skim off the fat, thicken it with flour wet in cold water; add juice of half a lemon, or half a cup of catchup, and strain over the liver.

Brown Betty—Butter a deep pudding-dish, and place a layer of finely chopped apples in the bottom, then add a layer of very fine bread crumbs; sprinkle with two tablespoonfuls of sugar and one-fourth teaspoonful of cinnamon; dot with butter; then another layer of apples, and so on until the dish is filled. The top layer should be of the crumbs. Bake in a moderate oven until quite brown, and serve while hot, either with sweetened cream or a hard sauce. Mrs. P. A. Thompson.

No. 405 West 53d Street, Austin, Ill.

TUESDAY, SEPTEMBER THE TWENTY-EIGHTH.

BREAKFAST.

Peaches and cream.
Crisped bacon and sweet potatoes.
Southern corn pone. Coffee.

LUNCHEON.

Macaroni rarebit.
Tomato salad.
Banana shortcake. Tea.

DINNER.

Corn and tomato soup.
Rolled flank steaks, brown gravy.
Mashed potatoes. Squash.
Grape ice. Coffee.

Crisped Bacon and Sweet Potatoes—Take cold steamed sweet potatoes and cut in halves; wrap each half with a thin slice of bacon and fasten with a wood toothpick. Place in a pan and in a hot oven until potatoes are a nice brown and the bacon crisp.

Southern Corn Pone—Mix with cold water into a soft dough one quart of yellow cornmeal, sifted, a teaspoonful of salt, a tablespoonful of butter, melted. Mold into oval cakes with the hands and bake in a very hot oven, in well-greased pans. To be eaten hot. The crust should be brown.

Banana Shortcake—Into three cupfuls of sifted flour rub two tablespoonfuls of butter; add one-half of a tablespoonful of sugar and two teaspoonfuls of baking powder. Mix to a soft dough with cold milk and bake in two layers. Grate one-half of the peel of an orange; then cut it in half crosswise, and scoop out the pulp; rub four bananas through a sieve; add to this the orange rind and pulp and one cupful of sugar; then stir in one-half of a cupful of thick cream, beaten stiff, and spread between and over the cakes. Serve with sweet cream.

Macaroni Rarebit—Into a frying-pan put one teaspoonful of butter; when hot add one cupful of cold boiled macaroni, cut fine; to it add one small cupful of grated cheese and two well-beaten eggs. Dust with pepper, cook until set, and serve on toast. If cheese is fresh, add a saltspoonful of salt.

Corn and Tomato Soup—Scald and skim one quart of tomatoes, add one quart of any good stock, one-quarter of a small carrot, one small onion, one bay leaf, one clove, six peppercorns, and, if possible, one tablespoonful of chopped ham. Cook all together very slowly for half an hour, then take from the fire and rub through a fine sieve. Return to the fire, and add one tablespoonful of butter rubbed to a paste with two tablespoonfuls of flour; stir until the soup is smooth and slightly thickened, add a large teaspoonful of salt and a cupful of scraped corn; cook ten minutes longer and serve.

Flank Steaks—Purchase two flank steaks and have the butcher score them. Lay on each steak a dressing made of one cupful of bread crumbs, one-quarter of a teaspoonful of salt, a saltspoonful of pepper, a tablespoonful of chopped onion, browned, and a tablespoonful of butter; fasten with strings; when nicely rolled sprinkle with one-half teaspoonful of salt, a dash of pepper, and bake in a hot oven, basting often, for thirty-five minutes. Place on a hot platter, make a rich brown gravy and pour over them.

Grape Ice—Make a sirup with one and one-half pounds of sugar and one pint of water; bring it to the boiling point and pour it while hot over four pounds of ripe grapes, which have been mashed to a pulp. Let stand covered for one hour, then rub through a sieve, add the juice of one lemon and freeze. When partly frozen add the whites of two eggs, beaten stiff with two tablespoonfuls of powdered sugar. Mix in well and finish freezing. Then pack and set away for two hours.

Mrs. Charles Adams.

No. 25 Union Street, Hornellsville, N. Y.

WEDNESDAY, SEPTEMBER THE TWENTY-NINTH.

BREAKFAST.

Mixed fruits and cantaloupes.
Fried calves' liver. Gherkin sauce.
Potatoes creamed.
Cornmeal crumpets. Coffee.

LUNCHEON.

Cold sliced tongue.
Welsh rarebit. Bread and butter.
Tea.

DINNER.

Oysters.
Stewed lamb, with potatoes.
Tomatoes farci—mayonnaise. Stuffed cucumbers.
Bread and butter. Coffee.

Mixed Fruits and Cantaloupes—Cut small cantaloupes in two, and if overripe and unedible let the insides be scooped out and filled with seeded grapes, sliced plums and peaches, shredded pineapple and orange juice for flavor. Mix fruit salad in a bowl and when ice cold put portions of it in the melon. If sweet, do not remove flesh of melons.

Fried Calves' Liver—Cut a pound of calves' liver into slices a quarter of an inch thick. Dip each slice in a mixture of a tablespoonful of flour, a teaspoonful of salt and half as much pepper. Cover the bottom of frying pan with some clear drippings and when very hot put in the liver; turn after five minutes and when done place on a hot dish. While this is cooking, try in another pan crisp and brown a quarter of a pound of bacon, cut in thin rashers, so it will be done at the same time as the liver. Pour most of the fat from both pans, adding a little from that in which the bacon was cooked to the other; stir in a tablespoonful of flour and dilute, when smooth, with one-half pint of water or weak stock; season with salt, pepper and mushroom ketchup and stir in a tablespoonful of minced gherkins. Place the liver on a hot platter, pour the gravy around it and garnish the edge with the bacon.

Stuffed Cucumbers—Pare six small cucumbers, cut off the lower ends, and with a small spoon extract all the seeds; let them stand for ten minutes in water containing a little vinegar, and then parboil for three minutes in boiling water; drain and lay in cold water; drain again and fill the insides with a good chicken forcemeat; line a pan with thin slices of pork, lay on the cucumbers, season with salt, pepper and minced herbs; baste with

melted butter and roast, covered with buttered paper, for twenty minutes. Lift from the pan and pour a brown sauce around.

Mae Mikuska.

No. 109 Bunker Street, Chicago.

THURSDAY, SEPTEMBER THE THIRTIETH.

BREAKFAST.

California grapes.
Pettijohn and cream.
Broiled calves' liver. Baked potatoes.
Apple johnny cake. Scrambled eggs.

LUNCHEON.

Minced cream clams.
Hot buttered soda crackers.
Peaches with sugar and cream.
Cornstarch cake.

DINNER.

Green-corn soup.
Roast lamb—mint sauce.
Potatoes à la neige.
Eggplant. Creamed carrots.
Cream pie.
Coffee.

Minced Cream Clams—Cook over water two tablespoons of flour, with two of butter; when they bubble add slowly twenty-five hard clams, chopped fine, and one-half cup of clam juice, a dash of red pepper; simmer for ten or fifteen minutes; then add one gill of cream; boil up and serve.

Hot Buttered Crackers—Spread square soda crackers with butter, place in a pan and put in a brisk oven until brown. Serve with the clams.

Cornstarch Cake—Whites of three eggs, one cup of sugar, one-half cup of butter, one-half cup of sweet milk, one cup of cornstarch, one cup of flour, one teaspoon of baking powder; flavor with almond.

Green-Corn Soup—Scrape enough green-corn pulp to make one pint. Boil the cobs thirty minutes in water enough to cover them; there should be a pint when strained. Put it on to heat, and when boiling add the corn pulp and cook fifteen minutes; add one teaspoonful of flour, one tablespoonful of butter, one teaspoonful of salt, one-half saltspoonful of pepper, and one pint of rich milk or cream. Boil five minutes and serve at once.

Harriet L. Hale.

No. 117 West Newton Street, Boston, Mass.

FRIDAY, OCTOBER THE FIRST.

BREAKFAST.

Melons.
Farina, sugar and cream.
Corned-beef hash.
Muffins. Coffee.

LUNCHEON.

Eggs with tomato sauce.
Celery sandwiches.
Cakes. Tea.

DINNER.

Cream of rice soup.
Baked trout—potato stuffing.
Lima beans. Cucumber salad.
Apple pie. Cheese.

Eggs, with Tomato Sauce—Boil six eggs hard; cut lengthwise and lay on a dish; cover with tomato sauce; stand over hot water about ten minutes.

For the Sauce—Cook slowly one pint of tomatoes, with a slice of onion, sprig of parsley, two or three cloves and a bay leaf, for fifteen minutes; then strain. Melt a tablespoonful of butter; add a tablespoonful of flour, then the tomato, and stir until it thickens; add also a half-teaspoonful of salt and a half-saltspoonful of pepper.

Celery Sandwiches—Take the tops of young celery; wash carefully and lay between thin slices of bread that have been spread with mayonnaise dressing.

Cream of Rice Soup—To one quart of clear stock add one cup of rice, a slice of onion and a sprig each of parsley and celery. Boil one-half hour and put through a sieve. Scald one and one-half cupfuls of milk and add to the strained rice, with a heaping teaspoonful of salt and a quarter-saltspoonful of pepper. Just before serving add half a cupful of cream. If you haven't the cream, two tablespoonfuls of butter makes it very tasty.

Baked Trout—Have a trout weighing about four pounds. Boil three potatoes, good-sized ones; mash with two tablespoonfuls of butter, a teaspoonful of onion juice, a saltspoonful of salt and a half-saltspoonful of pepper. Stuff the fish with this, sprinkle with salt and pepper, and put in dripping-pan with two tablespoonfuls of butter, six tomatoes and half a cupful of water. Bake in moderate oven fifty minutes. Serve with the tomatoes and slices of hard-boiled eggs.

Cucumber Salad—Slice three cucumbers and one onion and let

stand in ice water one hour. Lay them on crisp lettuce leaves and serve with French or mayonnaise dressing.

Apple Pie—Rub together one scant cupful of flour with two tablespoonfuls of lard and one of butter and a saltspoon of salt. Wet with just enough cold water to make a stiff dough. Roll and line a deep pie tin. Have sour apples sliced thin, and have plenty of them—the pan should be heaped. Half a cup of sugar is usually enough to cover them. Grate nutmeg over this and dot small bits of butter all around. Lay the upper crust over them; wet the edges and press together. The top crust should be perforated in the middle. Bake in a moderate oven forty-five minutes.

The cheese to be very appetizing should be grated and laid in a dish on a dainty doily. Mrs. C. B. Scott.

No. 3126 Calumet Avenue, Chicago.

SATURDAY, OCTOBER THE SECOND.

BREAKFAST.

Grapes.
Frizzled beef. Hot rolls.
Coffee.

LUNCHEON.

Scalloped salmon.
Potato salad. Cold rolls.
Angel-food cake. Chocolate.

DINNER.

Tomato soup.
Vealettes. Creamed corn.
Eggplant baked with cheese.
Peach sponge. Coffee.

Grapes—Grapes should be rinsed in cold water and then arranged in a pretty basket. Mrs. L. D. Potter.

Bowling Green, Ky.

SUNDAY, OCTOBER THE THIRD.

BREAKFAST.

Grapes.
Bacon fraze. Chile sauce.
Lyonnaise potatoes. Baking powder biscuit.
Coffee.

LUNCHEON.

Fried apples with brown bread.
Radnor potatoes. Roll jelly cake.
Chocolate.

DINNER.

Fillet of beef with mushroom sauce.
Mashed potatoes. Mixed pickles.
Scalloped parsnips.
Peach cream. Coffee.

Bacon Fraze—Beat four eggs into a batter, with one-half teacupful of milk and one teaspoonful of flour; fry some thin slices of bacon and dip them in it; lay the bacon in the frying pan; pour the batter over it, and when both sides are well browned lay on a heated dish and serve.

Fried Apples—Peel apples, cut into eighths, taking out the seeds and cores carefully from each piece. Heat some drippings in a frying pan; coat the apples lightly with flour, and fry to a pale brown; drain off the fat from each piece, sprinkle with sugar and pile on a hot dish. If you like you may mix a little cinnamon with the sugar. Use only tart apples. Serve with slices of brown bread.

Roll Jelly Cake—One cup sifted flour, one of granulated sugar, three eggs, one-half teaspoonful of baking powder. Stir quickly; pour into dripping pan and bake in a hot oven. Turn on a clean white cloth, wrung out of water; spread with jelly and roll by raising the cloth with the cake and your cake will be a success.

Fillet of Beef—Take about two or two and a half pounds of fillet. After it is trimmed and larded put into a small baking pan in the bottom of which are some chopped pieces of pork and beef suet; sprinkle some salt and pepper over it and a half-pint of hot stock. Baste often; cook a full half-hour in a hot oven.

Mushroom Sauce—Take two teacupfuls of stock; thicken with two teaspoonfuls of flour and two teaspoonfuls of butter, mixed; add one-half teaspoonful of salt and a few dashes of pepper. Fry six or eight mushrooms in butter; add to the thickened stock a few drops of lemon juice and the mushrooms. Simmer a few minutes and pour over the beef.

Mixed Pickles—One gallon cucumbers, cut small; one gallon green tomatoes, quartered; half a gallon of onions, steamed; two heads of cauliflower, steamed; half dozen green peppers. Scald in strong brine; let stand one or two days.

Dressing—One gallon cider vinegar, twelve tablespoonfuls of mustard or one jug of French mustard, two cups of sugar, two tablespoonfuls of turmeric powder, one large cup of flour, wet with a little cold vinegar; put into boiling vinegar, boil five minutes and put on the thoroughly drained pickles. These are the

finest mixed pickles I ever made; the turmeric powder gives it a yellow color. If string beans are liked, put in two quarts of steamed ones.

Peach Cream—Whip one pint of sweet cream to a stiff froth, laying it on a sieve. Pare one dozen large peaches and boil them with half a pound of sugar. When they reach the condition of marmalade press them through a colander. Take half a box of gelatine, which has been soaked an hour in half a cupful of water in a warm place near the stove, and add a tumblerful of good cream. Stir it thoroughly to make it smooth, and when it is about to harden add the whipped cream, stirring lightly in till it is well mixed, then put it into a mold and set on the ice or in a cool place. A pretty garnish is to arrange halves or quarters of fresh peaches around it. This is a very dainty dessert.

Mrs. Jane M. Hammer.

No. 35 Schuyler Street, Buffalo, N. Y.

MONDAY, OCTOBER THE FOURTH.

BREAKFAST.

Baked quinces.
Fish cakes. Delicate cornbread.
Sliced tomatoes. Coffee.

LUNCHEON.

Thinly sliced cold roast beef with grape catchup.
Maryland biscuits. Peach pie.
Tea or chocolate.

DINNER.

Roast veal with grape jelly.
Baked sweet potatoes. Celery.
Stuffed tomatoes.
Baked apple pudding.
Coffee.

Baked Quinces—Select six good, ripe quinces, wipe dry and set in oven to bake. When done strip off the skins, sift powdered sugar over them and serve with cream. They are excellent.

Delicate Cornbread—One pint of sour milk, one level teaspoonful of soda; or one pint of sweet milk and one heaping teaspoonful of baking powder, one tablespoonful of lard, a pinch of salt. Stir in white meal enough to make a batter the consistency of sponge cake. Bake twenty minutes by quick fire.

Grape Catchup—Wash and stew five pounds of grapes over a slow fire until soft. Then strain through a sieve and add two and a half pounds of sugar, one tablespoonful of cinnamon, one

tablespoonful of allspice, one-half tablespoonful of cloves, one tablespoonful of pepper, one-half tablespoonful of salt and one pint of vinegar. Boil until a little thick, and bottle. Splendid for cold meats.

Peach Pie—Line a pie-pan with a rich paste. Peel, halve, and seed peaches enough to fill the pan. Then sprinkle over the pie two tablespoonfuls of flour, one cup of sugar, fill up with thick sweet cream and bake till done—about half an hour.

Stuffed Tomatoes—Select six good-sized, firm tomatoes, cut a slice from one end, scoop out the inside and fill with dressing made as follows: One pint of finely chopped bread crumbs, one small onion chopped fine, one tablespoonful of butter, one teaspoonful of salt, one-fourth teaspoonful of pepper. Bake until they are soft, but do not lose their shape, and serve with bits of parsley.

Baked Apple Pudding—The yolks of four eggs, six large pippins grated, three tablespoonfuls of butter, one-half cup of sugar, the juice and half the peel of one lemon. Beat sugar and butter to cream, stir in yolks and lemon with the grated apple. Pour in deep pudding dish to bake. Grate little nutmeg over the top. Eat cold with cream. Mrs. Kate Gunnell

Paxton, Keith County, Neb.

TUESDAY, OCTOBER THE FIFTH.

BREAKFAST.

Nutmeg melon.
Cracked wheat, with cream.
Croquettes.
Hot biscuit. Coffee.

LUNCHEON.

Creamed potatoes with grated cheese.
Boston brown bread.
Baked apples. Tea.

DINNER.

Meat pie.
Scalloped salsify. Browned sweet potatoes.
Tomato salad.
Prune soufflé.
Cheese balls. Coffee.

Croquettes—One pint of meat, ground or chopped very fine —ground is best. Cold roast or pieces of left-over steak are excellent for this purpose. Add to the meat a little chopped celery, one-half of a small onion, chopped fine; some minced par-

sley and one teaspoonful of salt. Put into a pan three tablespoonfuls of flour and two tablespoonfuls of butter. Set on the stove and stir until melted. Add gradually three-fourths cup of rich milk, next add three-fourths cup of stock. Stir until the mixture is the consistency of thick cream. Pour this over the seasoned meat; mix thoroughly and set aside until cold. When used for breakfast let it stand mixed over night. When thoroughly cold, mold with the hands into any desired shape. Roll in cracker crumbs; then in well-beaten egg, then in cracker crumbs and drop into boiling fat, a few at a time, until rich-brown color is obtained. This is an economic, delicious breakfast dish.

Creamed Potatoes, with Cheese—Peel five ordinary-sized potatoes and cut into small cubes. Boil until tender; pour off the water and season with a generous half-cup of milk, one tablespoonful of butter, half-teaspoonful of salt, a dash of pepper. Cover over with grated cheese. Set in the oven to brown, and serve quickly.

Scalloped Salsify, or Oyster Plant—Boil the salsify till tender; peel and cut crosswise in slices half an inch in thickness. Grease the bottom of a baking-dish and cover with the salsify. Sprinkle over this a little salt, pepper and bits of butter. Add a layer of cracker crumbs; then a layer of salsify, seasoned as before. Let the thin top layer be of cracker crumbs. Pour over milk enough to fairly cover it and bake.

Tomato Salad—Select medium-sized ripe tomatoes. Peel carefully and scoop out the center. Set on ice to chill. When ready to serve fill the cavity with chopped celery and chopped nuts (not too fine). Cover with a tablespoonful of salad dressing. Serve on lettuce leaves or sprigs of parsley or the ends of the celery.

Prune Soufflé—Steam eighteen prunes till soft; remove the stones and chop very fine. Add to this one cup of pulverized sugar. Have beaten very stiff the whites of eight eggs. Add this to the fruit and flavor with one teaspoonful of vanilla extract. Butter a baking-dish and bake in a very cool oven for thirty minutes. Serve cold with whipped cream.

Cheese Balls—To one cup of grated stale cheese add one-third of a teaspoonful of salt, a dash of red pepper and a pinch of celery salt. Beat the whites of two eggs stiff; mix together. Mold with the hands into balls the size of walnuts. Drop two at a time into a kettle of boiling lard. With a silver fork or wire spoon keep the balls constantly in motion; if allowed to rest on the bottom of the kettle they will pull apart and stick. A moment is sufficient time to brown them if the lard is boiling. Place on ordinary wrapping paper for an instant, and then serve piping hot with coffee. Miss Florence Clayton.

No. 616 South 28th Street, Omaha, Neb.

WEDNESDAY, OCTOBER THE SIXTH.

BREAKFAST.

Grapes.
Oyster sauté. Lyonnaise potatoes.
Graham griddle cakes.
Coffee.

LUNCHEON.

Fillet of tongue. Potato salad.
Corn bread.
Jelly fritters. Tea.

DINNER.

Gumbo soup.
Baked mutton cutlets. Scalloped potatoes.
Parsnip balls.
Lemon sponge cake. Compote of pears.
Coffee.

Oyster Sauté—Two dozen large, or three dozen small oysters; two tablespoonfuls of butter, four of fine cracker crumbs. Let the oysters drain in the colander. Sprinkle with salt and pepper, and roll in the crumbs. Have the butter very hot in a frying-pan and put in enough of the oysters to cover the bottom of the pan. Fry crisp and brown, being careful not to burn. Serve on hot, crisp toast.

Lyonnaise Potatoes—Take eight good-sized cold-boiled potatoes. Slice them endwise, making them like dice. Heat some good drippings in a frying-pan, fry in it one small onion, chopped fine, until it begins to change color and look yellow. Put in the potatoes, sprinkle well with salt and pepper, stir well and cook about five minutes, taking care not to break them. They must not brown. Before taking up stir in a tablespoonful of minced parsley. Drain dry by shaking in a heated colander. Serve very hot.

Graham Griddle Cakes—Two cupfuls of graham, one of flour, two and one-half of milk, one tablespoonful of sugar, one teaspoonful of salt, one of cream of tartar, half a teaspoonful of soda, two eggs. Let half the milk come to a boil. Pour on the graham and stir until perfectly smooth; then add the cold milk and set away to cool. Mix the other dry ingredients with the flour and rub through a sieve. Add, with the eggs well beaten, to the graham and milk. Fry like griddle cakes.

Fillet of Tongue—Cut cold-boiled tongue in pieces about four inches long, two wide and half an inch thick; dip in melted butter and flour. For eight fillets put two tablespoonfuls of butter in the

frying-pan, and when hot put in the tongue. Brown on both sides. Take up and put one more tablespoonful of flour in the pan and then one heaping teaspoonful of flour. Stir until dark brown; then add one cupful of stock or water, half a teaspoonful of parsley and one tablespoonful of lemon juice or one teaspoonful of vinegar. Boil up once and pour it around the tongue, which has been dished on thin strips of toast. Garnish with parsley and serve. At the last moment stir into the sauce a tablespoonful of chopped pickles or capers.

Jelly Fritters—Make a batter of two eggs, a pint of milk and a pint bowl of flour; beat it light. Put a tablespoonful of lard or beef drippings in a frying-pan, add a saltspoonful of salt, making it boiling hot. Put in the batter by the large spoonful, not too close. When one side is a delicate brown, turn the other. When done, place them on a dish with a doiley over it. Put a dessert-spoonful of jelly on each.

Gumbo Soup—Try out the fat of a slice of bacon, drain it off, and in it fry the slices of a large onion brown. Peel and cut up two quarts of fresh tomatoes, and cut thin one quart of okra. Put all together with a little chopped parsley (one teaspoonful) in a stew kettle with three quarts of hot broth of any kind. Let it cook slowly for three hours. Season with a scant tablespoonful of salt and half a teaspoonful of pepper. In the winter a large can of tomatoes and a can of okra may be used instead of the fresh vegetables.

Baked Mutton Cutlets—Prepare the cutlets as for frying by dipping them in beaten egg and rolled cracker crumbs. Lay them in a dripping pan with very little water at the bottom. Sprinkle with pepper and salt, and baste often with butter and water. Make a little brown gravy and turn over them when they are served.

Compote of Pears—Select firm fruit, not too ripe. Wash them and cut them into halves lengthwise, and carefully take out the core. Make a sirup in the proportion of two cups of sugar to one of water. When the sirup is boiling, put in the pieces of pears and cook them till tender. Take them out with a skimmer and arrange them in a pyramid form, the stem end up, on a pretty dish. Slice an unpeeled lemon very thin and put in the sirup. Let the sirup cook until it thickens. Put the lemon slices over the fruit and pour the sirup over all by the spoonful when a little cool. Place the compote where it will become perfectly cold, and serve.

Mrs. John Buie.

No. 170 Harding Avenue, Chicago.

THURSDAY, OCTOBER THE SEVENTH.

BREAKFAST.

Sliced peaches and cream.

Ragout of liver. Graham biscuit.

Coffee.

LUNCHEON.

Chipped beef with tomatoes.
Cucumber pickle (fresh). Bread and butter.
Peach flummery. Cake.
Tea.

DINNER.

Virginia stew. Boiled rice.
Grape sherbet.
Cake.

Ragout of Liver—Heat three teaspoonfuls of nice dripping in a frying-pan; add an onion sliced, a tablespoonful of chopped parsley and thrice as much minced bacon; when all are hissing hot lay in one-half of a liver cut in pieces as long and wide as your middle finger and fry brown, turning often. Take out the liver and keep hot; strain the gravy, rinse off the frying-pan and return to the fire with the gravy and an even tablespoonful of butter worked up well in two of brown flour. Stir until you have a smooth browned cream; thin gradually with half a cupful of boiling water; add the juice of half a lemon, a teaspoonful of minced pickle and a scant half-teaspoonful of curry powder wet with cold water. Boil sharply; pour over the liver; set over pan of boiling water closely covered for ten minutes before serving.

Chipped Beef, with Tomatoes—Cut up five tomatoes and dust over with flour; put a tablespoonful of butter into a pan, and when melted add the tomatoes, stirring smooth. Let cook five minutes. Have half a pound of dry beef chipped very thin (and if not too salt will season just right); add to the tomatoes; let simmer gently a few minutes longer and serve.

Cucumber Pickle—Chop three cucumbers fine, add a piece of a red pepper the size of a silver dollar, also chopped fine; add a teaspoonful of salt, half a teaspoonful of celery seed, three tablespoonfuls of vinegar; mix all well together. This will keep several days, and is very nice.

Peach Flummery—Pare and quarter enough ripe, juicy peaches to make a pint, put on to stew in one pint of water, a teacupful of sugar; let cook until tender without breaking. Mix three tablespoonfuls of cornstarch in a little cold water and add to peaches, stirring constantly. Cook five minutes, then turn into a mold and set away to cool. Eat with cream and sugar, if more is liked.

Plain Cake—One-half cupful of butter, two cupfuls of sugar, two eggs, one cup of milk, three cupfuls of flour, one-fourth teaspoonful of salt, two teaspoonfuls of baking powder; cream the butter and sugar; add beaten eggs and salt; alternately add milk and flour with baking powder. Mix one teaspoonful of cinnamon and three of pulverized

sugar and sift on top. Can be baked in dripping pans if preferred. Bake in moderate oven.

Virginia Stew—A medium-sized chicken, cut as for frying; a potato for each member of the family, two ears of corn cut from the cob, a generous handful of lima beans, three nice round tomatoes, one teaspoonful of salt, quarter as much pepper. The chicken is first parboiled and then the vegetables added, and the whole simmered an hour and a half longer. About a quart of water is needed. Serve in a deep platter. The only vegetable used with this stew is a dish of boiled rice. This is a Virginia concoction, and very palatable, too.

Grape Sherbet—Lay a square of cheesecloth over a bowl; put in a pound of ripe Concord grapes; mash very thoroughly with a wooden masher. Squeeze out all the juice; add an equal amount of cold water, the juice of one lemon, and sugar to make it very sweet. Freeze as usual. This is the most delightful of all water ices. There will be sufficient cake left from luncheon.

Mrs. F. M. Adams.

No. 409 South Paulina Street, Chicago.

FRIDAY, OCTOBER THE EIGHTH.

" Dinner may be pleasant,
So may social tea;
But yet methinks the breakfast
Is best of all the three."

BREAKFAST.

Cantaloupe.
Mush. Fried ham and eggs.
Waffles. Sirup.
Hot coffee.

LUNCHEON.

Basket of choice mixed fruit—pears, peaches and grapes.
Cold boiled beef, sliced, Chile sauce.
Baked sweet potatoes.
Graham loaf sliced. Banana pie.
Hot tea.

DINNER.

Clam soup.
Steamed fish. Scotch scones.
Irish potatoes mashed.
Fresh cucumber pickles.
Peach custard. Hot coffee.

Fried Ham and Eggs—Cut slices of ham quite thin; cut off the rind or skin; put them into a frying-pan, turning them often until crisp, taking care not to burn the slices; three minutes will cook them well. Dish them on a hot platter; then turn off the grease, rinse out the pan and put back the clear grease to fry the eggs. Break the eggs separately in a saucer, that in case a bad one may be among them it may not mix with the rest. Slip each egg gently into the frying-pan; do not turn them while frying, but keep pouring some of the hot lard over them with the kitchen spoon; this will do them sufficiently on the upper side. They will be done enough in about three minutes. The white must retain its transparency so that the yolk will be seen through it; when done, take them up with a skimmer, drain off the lard, and if any part of the white is discolored or ragged, trim it off. Lay a fried egg upon each slice of the ham, and send to the table hot. Salt will hardly be needed, and if pepper is used a slight sprinkle will be sufficient.

Chile Sauce—To nine large, ripe tomatoes and three green peppers add one onion chopped fine, two cupfuls of vinegar, two tablespoonfuls of sugar and one of salt. Steam one hour; then add one teaspoonful of ginger, one of allspice and one of cloves.

Banana Pie—Beat the yolks of two eggs to a cream with one-half cupful of sugar; add one and a half cupfuls of sweet milk. Peel and mash two large bananas or three small ones; sift them and add to the other ingredients. Bake with one crust, and when done cover with a meringue made of two whites of eggs and three tablespoonfuls of sugar. Serve cold.

Steamed Fish—Secure the tail of the fish in its mouth so as to curve the body in a circle; pour over it a half pint of vinegar seasoned with a little pepper and a dessert spoon of salt; let it stand an hour in a cool place; pour off the vinegar, and put fish in a steamer over boiling water and steam twenty minutes, or longer for a large fish. When the meat easily separates from the bone it is done. Drain well and serve on a white napkin, neatly folded and placed on the platter; decorate the napkin around the fish with sprigs of curled parsley.

Scotch Scones—Thoroughly mix, while dry, one quart of sifted flour, loosely measured, with two heaping teaspoonfuls of baking powder; then rub into it a tablespoonful of cold butter and a teaspoonful of salt. Be sure the butter is well worked in; add sweet milk enough to make a very soft paste. Roll out the paste about a quarter of an inch thick, using plenty of flour on the paste-board and rolling-pin. Cut into triangular pieces, each side about four inches long. Flour the sides and bottom of a biscuit tin and place the pieces on it. Bake immediately in a quick oven, from twenty to thirty minutes. When done brush over with sweet milk.

Peach Custard—Line the bottom of a pudding dish with pared and halved free-stone peaches, cavities up. Fill these with soft sugar. Make a rich cornstarch custard, stir over the fire until

quite thick and pour over the peaches. Cover with a thick meringue, which lightly brown. Serve very hot.

Cornstarch Custard—Two tablespoonfuls of cornstarch to one quart of milk; mix the cornstarch with a small quantity of the milk and flavor it; beat up two eggs. Heat remainder of the milk to near boiling, then add the mixed cornstarch, the eggs, four tablespoonfuls of sugar, a little butter and a pinch of salt. Boil two minutes, stirring it briskly.

Sweet Pickled Pears—Boil together for fifteen minutes one pint of cider vinegar, one and three-fourths pounds of granulated sugar. Tie in a small piece of cheese cloth half a dozen whole cloves, one dozen whole allspice, one teaspoonful of ground cinnamon and one saltspoonful of ground mace, and a small piece of ginger root. Put with the vinegar and boil. Select fine, large seckel pears, pare and remove the stems; then put into the vinegar as many as will be nicely covered. Let all boil gently until the pears look clear, then drain off the vinegar, put the pears into jars, reheat the vinegar and pour over the pears. Seal if desired for winter use. This is a delicious pickle if properly and carefully made. Mrs. Maude K. Cameron.

Greenfield, Green County, Ill.

SATURDAY, OCTOBER THE NINTH.

BREAKFAST.

Grapes. Cracked wheat.
Scalloped eggs. Bread pancakes.
Coffee.

LUNCHEON.

Noodled ham. Brown bread sandwiches.
Fried peaches. Caramel cake.
Oolong tea.

DINNER.

Veal pot-pie with potatoes. Celery.
Sweet potato salad.
Wafers. Peach ambrosia.
Coffee.

Scalloped Eggs—Butter a pie-plate and sprinkle over it a layer of bread crumbs. Break five eggs carefully and place on the crumbs; sprinkle over them a small half-teaspoonful of salt and one-eighth teaspoonful of pepper; cover with another layer of crumbs; pour over the top a tablespoonful of melted butter. Bake in a hot oven eight minutes.

Bread Pancakes — Remove the crust from stale bread and break in crumbs, enough to make one pint; dampen in cold water and let stand over night. In the morning add one beaten egg, one pint of sour milk, two scant teaspoonfuls of soda, dissolved in a tablespoonful of warm water, half a teaspoonful of salt and half a cupful of flour. Bake on a hot griddle.

Noodled Ham—Make the noodles by beating one egg with a saltspoon of salt, till very light; add as much flour as it will require to make a very stiff dough (eggs vary in size, so an exact amount cannot be given), roll very thin and cut in narrow strips; roll these between the hands till round like "shoe-strings," and break in pieces an inch or two in length; when dry put two cupfuls of them in a stew-pan and pour over enough boiling water to just cover them; let boil ten minutes. Chop enough cold boiled ham to make one large coffee cupful. (In slicing ham one can save all the crumbs and small pieces that are trimmed from the bone.) Butter an earthen dish; put in a layer of the noodles (after carefully draining them), then a layer of the ham, another layer of noodles, finishing with ham for top layer. Beat two eggs, and add one coffee cupful of cream or rich milk and pour over the top; cover with a thin layer of grated bread crumbs and little dots of butter. Bake a delicate brown. Serve in the dish in which it is baked.

Brown Bread Sandwiches—Cut small round loaves of brown bread in very thin slices; spread with butter and a sprinkling of grated cheese; put two slices together and cut in two.

Fried Peaches—Pare and cut in halves five peaches; put a tablespoonful of butter in a frying-pan, place the peaches in with the pit side down. When they begin to brown turn and fill the holes with sugar; cook till tender. Serve on a hot platter.

Caramel Cake — Rub one scant half-cupful of butter to a cream; gradually add two cupfuls of granulated sugar; mix till white and creamy; add one cupful of milk, three cupfuls of sifted flour with two heaping teaspoonfuls of baking powder and the whites of four eggs beaten to a stiff froth. Bake in three layers.

For the caramel filling take two cupfuls of "yellow C" sugar, one tablespoonful of butter and one cupful of thin cream or rich milk, though cream is better. Put all in a granite stew-pan and cook about three-quarters of an hour; when thick remove from the range and add two teaspoonfuls of vanilla. Stir till cool. Put between layers and on top. A white frosting may be put over all if liked.

Veal Pot-Pie with Potatoes—Get a knuckle or brisket of veal weighing about three pounds; wash and put in a granite kettle, with enough boiling water to more than cover it. Watch carefully and remove all scum as it rises; when nearly tender put in a large spoonful of butter, two level teaspoonfuls of salt and half a teaspoonful of pepper. (If the salt is put in at first it toughens it.) When nearly done put in five potatoes cut in halves. Make a batter of one and a half pints of flour, two teaspoonfuls of baking powder, a saltspoonful of salt and a large cupful of sweet

milk. Drop a spoonful at a time either on the meat or in a steamer placed over the kettle. Do not remove the cover for thirty minutes, for if the air strikes them they will fall. Take up the meat, potatoes and dumplings on a large platter. Wet two teaspoonfuls of flour in a little cold water and rub till smooth and stir into the gravy; add another teaspoonful of butter, and cook till it thickens. Pour over the pot-pie and send to the table at once.

Peach Ambrosia—Bake a small sponge cake of one-half a cupful of sugar, two eggs, a pinch of salt, one teaspoonful of baking-powder sifted in one-half a cupful of flour; stir flour in lightly and add one tablespoonful of hot water just before putting in the oven. Bake in a square tin. When cold take out on a platter or ice-cream dish and cover with thinly sliced peaches, a small teaspoonful of sugar and a cupful of whipped cream.

Mrs. H. C. Abbott.

Independence, Mo.

SUNDAY, OCTOBER THE TENTH.

(A day with some Florida dishes.)

BREAKFAST.

Bananas.
Hominy, with sugar and milk.
Broiled mackerel.
Southern spoon cornbread. Coffee.

LUNCHEON.

Fricasseed eggs. Buttered toast.
Pineapple pudding. Cocoa.

DINNER.

Eggplant soup.
Virginia smothered chicken, cream gravy.
Scalloped sweet potatoes.
Stewed okra, with tomatoes. Cabbage salad.
Orange roly-poly, lemon sauce. Coffee.

Hominy Porridge—The hominy used in Florida is the kind called "pearl hominy;" it is the staple breakfast dish in the south. Stir one cupful of hominy into one quart of freshly boiling water, first put in the water one level teaspoonful of salt. Boil one hour. Serve with milk.

Broiled Mackerel—Soak salt mackerel over night, drain, wipe dry, place on a greased broiling iron, turn until done on both sides. Take up, dredge with pepper and pour over melted butter.

Southern Spoon Cornbread—Pour a pint of boiling water over

one cupful of cornmeal and boil five minutes, stirring constantly. Add one teaspoonful of melted butter, two well-beaten eggs, one cupful of water, one cupful of milk, and one teaspoonful of salt. Pour into a greased baking dish and bake half an hour in a slow oven. Leave in dish and serve with a spoon. This is one of the best of cornbreads.

Fricasseed Eggs—Boil six eggs hard, cut in half crosswise and take out the yolks. Rub these to a paste with two tablespoonfuls of finely minced ham or cold fowl (if the latter is used add a half-teaspoonful of salt), one tablespoonful minced parsley, one teaspoonful of melted butter and a saltspoonful of made mustard. Work well together and fill the whites with it, setting them close to each other in a deep-covered dish, the open ends up. Heat to boiling one cupful of veal or chicken broth, with half a teaspoonful of parsley, saltspoonful of salt and a quarter of the same of pepper, and lastly three tablespoonfuls of cream. Boil up, pour over the eggs, let them stand five minutes closely covered before sending to the table. The dish is "delectable."

Pineapple Pudding—One cupful of sugar, four eggs, one-half cupful of butter, one cupful of cream, one pineapple, grated. Beat the butter and sugar to a cream, add the beaten yolks of the eggs, then the pineapple and cream and lastly the beaten whites whipped in lightly. Bake with undercrust only.

Eggplant Soup—Pare and cut into small pieces two of the "eggs;" let them lie in salted water for an hour; remove from this to the soup kettle, adding two quarts of water, and boil until tender. Thicken with one tablespoonful of flour rubbed into the same quantity of butter, one level teaspoonful of salt, one saltspoonful of pepper and a cupful of cream (milk will answer). Serve with crackers.

Virginia Smothered Chicken—Split a tender chicken down the back; season it with a teaspoonful of salt and a quarter teaspoonful of pepper; put it into a dripping-pan with a cupful of hot water, and place it in the oven until it is tender. As soon as it begins to brown, make a paste of two tablespoonfuls each of butter and flour and spread over the chicken, and baste it every ten minutes with the drippings in the pan until brown. Set the pan containing the drippings over the fire; pour into it a cupful of rich milk; stir until it boils; season with saltspoonful of salt, one-half of pepper; pour this gravy over the chicken and serve it hot.

Scalloped Sweet Potatoes—Boil three sweet potatoes in slightly salted water, peel and slice lengthwise. Arrange a layer of the slices in the bottom of a deep baking-pan; spread with butter and sugar; put in more potatoes, butter and sugar until the pan is full. Set in a hot oven until brown. Serve in the dish in which the potatoes are cooked.

Stewed Okra, with Tomatoes—Wash one dozen pods of okra and slice them thin. Peel three tomatoes and cut into slices; put in a granite sauce-pan; add a large saltspoonful of salt;

cover and set over the nre to simmer slowly for half an hour. Add a tablespoonful of butter, with a dash of cayenne, and serve.

Orange Roly-Poly—This is always hailed with delight, the "windfalls" of the orange groves being called into requisition. Make a soft dough with one pint of flour, one tablespoonful of lard, one saltspoonful of salt, one-half teaspoon of soda, one teaspoon cream of tartar, mixed with sufficient cold water to make it stick together. Roll in an oblong sheet and lay thickly over it three oranges that have been peeled, sliced and seeded; sprinkle liberally with white sugar; scatter a teaspoonful of the grated yellow rind over all and roll up closely, folding the ends to secure the sirup, and tie in a well-floured cloth, leaving plenty of room for it to swell. Put it into a pot of boiling water and boil two hours or it may be steamed two hours and a half. Serve with lemon sauce.

Lemon Sauce—Beat together one cupful of sugar, two tablespoonfuls of butter, two tablespoonfuls of flour, and pour over it one pint of boiling water. Stir to a smooth liquid and add the juice of one lemon. Alice Johnson.

No. 207 Capitol street, Charleston, W. Va.

MONDAY, OCTOBER THE ELEVENTH.

BREAKFAST.

Grapes.
Scrambled eggs. Bacon.
Corn bread. Coffee.

LUNCHEON.

Scalloped whitefish.
Cucumbers. Bread and butter.
Baked pears.

DINNER.

Cream of barley.
Baked ham. Spinach.
Sweet potatoes in molasses.
Rennet custard.

Grapes should be laid in very cold water for a little time before serving; drained and piled up prettily in some odd dish.

Corn Bread—Put one pint of cornmeal into a bowl; add two tablespoonfuls of bread crumbs, two tablespoonfuls of brown sugar and three tablespoonfuls of flour; then put into the center two tablespoonfuls of butter and pour over the butter a half-pint of scalded milk. Beat up well; then add another half-pint of cold milk and two even teaspoonfuls of baking powder, a

small teaspoonful of salt, and two eggs, well beaten. Pour into greased gem pans and bake in a hot oven thirty minutes.

Coffee—Put into a French coffee-pot one heaping tablespoonful of ground coffee for each person; pour over it very slowly one cupful of water, boiling hot, for each spoonful of coffee.

Baked Pears—Fill a moderate-sized baking dish with whole pears; wipe them, but do not remove the stems. Pour around them one large cup of boiling water, add two tablespoonfuls of light-brown sugar, bake slowly until the pears are tender, basting frequenty with the liquor. Serve cold, with sugar and cream, if desired.

Cream of Barley—Scald two tablespoonfuls of barley, drain, cover with fresh boiling water and boil three hours. Strain. Put one pint of milk and one pint of veal stock on to boil; add the barley, salt and pepper to taste. Beat two yolks lightly; pour them into soup tureen, pour over the boiling soup and serve at once.

Baked Ham—Wash the ham well in cold water. Put into large boiler nearly filled with cold water, add six cloves and a bay leaf. Place it over a slow fire, that it may heat gradually. Simmer gently fifteen minutes to every pound, skimming carefully from time to time. Allow it to cool in the liquor, then remove the rind carefully. Brush it over with a beaten egg and sprinkle with bread-crumbs. Place in a quick oven for about fifteen minutes to brown. Serve hot.

Sweet Potatoes in Molasses—Boil two pounds of sweet potatoes until they can be peeled, then put them into a pan or dish, spread a little butter, then a little molasses over each one, set in the oven and brown a light brown. These are delicious and quite worth a trial.

Rennet Custard—Sweeten and flavor with vanilla one quart of sweet milk; put into pan or dish in which it is to be served, grate a little nutmeg over the top, lastly stir gently one tablespoonful of rennet through the mixture, stand in the kitchen until it thickens, when it should be placed in the ice-chest until very cold. This pudding should be made about an hour and a half before serving. The rennet (liquid) may be be bought of a druggist, 25 cents a bottle, which, if kept in a cool place, will last a great while. Sweetened and flavored cream as a sauce is of course an improvement. Miss Martha Milson.

52 Walton place, Chicago.

TUESDAY, OCTOBER THE TWELFTH.

BREAKFAST.

Delaware grapes.

Wheatlet, cream and sugar. Sally Lunn.

Eggs in bread sauce.

Coffee.

LUNCHEON.

Deviled toast. English junket.
Sponge cake. Tea.

DINNER.

French tomato soup.
Vienna steaks. Celery and carrots.
Apple pudding, à la Waldorf.
Coffee.

Eggs in Bread Sauce—Slice one good-sized Spanish onion, pour boiling water over it and let it stand five minutes, then drain and cover onion with two cupfuls of milk, add two cloves and a quarter-teaspoonful of salt, and simmer half an hour. Rub through a sieve, pressing through as much of the onion as possible. Put one heaping tablespoonful of butter and one of flour in a sauce-pan, and when melted and mixed add the milk and onion and stir until smooth; add half a cup of stale bread crumbs, a quarter-teaspoonful of salt, a saltspoonful of white pepper, and a dash of mace; turn into a baking dish, slip in carefully five eggs and put in a very hot oven until the eggs are set.

Deviled Toast—Use whole wheat or brown bread which is at least one day old; cut in thin slices and toast slowly until a golden brown. Spread with butter to each tablespoonful of which has been added one-quarter of a teaspoonful of dry mustard, one-quarter of a teaspoonful of paprika and ten drops of onion juice. Dust with a little grated cheese and set in a hot oven for three minutes.

Junket—Place a quart of milk on the stove until it is lukewarm, then pour into some pretty dish, sweeten with two tablespoonfuls of powdered sugar and flavor to taste with essence of vanilla, lemon or strawberry, then add, stirring slightly, three-quarters of a tablespoonful of rennet. Place on ice or in a cool place until cold.

Tomato Soup—One quart of soup stock, two cupfuls of tomato. Cut a small onion in pieces and fry slightly. Put the tomatoes and soup stock and onion on the fire together. Add one cupful of milk, a teaspoonful of butter, a dash of cayenne, a teaspoonful of sugar and a saltspoonful of salt. Strain, thicken with a tablespoonful of flour made in a paste with water, and serve hot, with croutons.

Vienna Steaks—Take one-half of a pound each of raw, lean beef and veal, trim off all fat and gristle and chop very fine. Add one-half of a teaspoonful of salt, one-quarter of a teaspoonful of paprika, one-quarter of a teaspoonful of mixed sweet herbs, one teaspoonful of chopped parsley and one of chopped onion. Stir in one well-beaten egg and set aside until the next day; then form into steaks and fry quickly in butter. Serve on a hot platter, with mashed potatoes in the center and brown gravy in a sauceboat.

Celery and Carrots—Cut the celery into short pieces and the carrots into thin slices; have the same amount of each. Boil the carrots in slightly salted water until tender, then drain. Scald the celery in another dish; add the carrots and half a pint of sweet milk. Thicken with a teaspoonful of cornstarch stirred into some of the milk, season with a teaspoonful of salt, a saltspoonful of pepper and a teaspoonful of butter; bring to a boil and serve.

Apple Pudding—Peel, core and slice sufficient apples to fill a baking dish, butter the dish thickly and put in the apples in layers, alternating them with stale cake crumbs and a little melted butter, using two tablespoonfuls of the latter to a pint of apples. Let the last layer be a thick one of cake crumbs; put in a moderately hot oven until the apples are tender, then beat together two eggs and two tablespoonfuls of sugar (more should be used if apples are very tart), add one cupful of milk and pour over the apples. Bake a rich golden color and serve with cream.

Mrs. Charles Adams.

No. 25 Union street, Hornellsville, N. Y.

WEDNESDAY, OCTOBER THE THIRTEENTH.

BREAKFAST.

Browned apples with cream.
Veal patties. Wheat popovers.
Coffee.

LUNCHEON.

Sliced boiled tongue.
Stuffed cucumbers.
Scalloped potatoes. Bread and butter.
Bananas. Tea.

DINNER.

Roast beef, browned potatoes.
Sweet corn, celery.
Tomato jelly. Mayonnaise dressing.
Hot crackers. Peach cobbler.
Coffee.

Browned Apples—Select five sound, sour, juicy apples; peel and quarter; put into pudding dish, with three tablespoonfuls of butter, a little cinnamon and sugar to taste. Bake until tender; serve hot, with cream.

Stuffed Cucumbers—Select one dozen very large green cucumbers, cut small piece from one end and remove all seeds; put the cucumbers in strong salt water over night. Chop six

heads of celery, six green tomatoes, one small cabbage and three bell peppers very fine; add one cup of sugar, one-half cup salt, two tablespoonfuls mustard seed, and vinegar enough to mix all together. Wash the cucumbers in cold water and fill with this dressing. Fasten the top of cucumber on with toothpicks. Put into jar and cover with boiling vinegar. These are delicious with any cold meats and keep all winter.

Peach Cobbler—Peel and stone enough peaches to fill a pudding dish, add two or three small pieces of butter, sprinkle over all a cup of sugar, and cover with a light puff paste and bake. This is especially nice served with whipped cream.

Mrs. Nellie F. Pinto.
No. 2545 California street, Omaha, Neb.

THURSDAY, OCTOBER THE FOURTEENTH.

BREAKFAST.

Concord grapes.
Wheat flakes with cream.
Rissoles. Tomato toast.
Graham gems. Coffee.

LUNCHEON.

Broiled sardines with lettuce.
Ham paté. Luncheon potatoes.
Wafers of white and brown bread.
Yellow tomato preserves.
Cocoa.

DINNER.

Oyster loaf. Mashed potatoes.
Cauliflower omelet.
Mixed pickles.
Toasted water crackers.
Cranberry sauce. Sand tarts.
Coffee.

Broiled Sardines—American canned sardines will answer very nicely for this and are much less expensive. Place the fish on broiler (drained of all oil), broil quickly over hot fire. Have a toasted bread ready, cut as nearly the size of fish as possible. Lay fish on this with half-slice of lemon to each. Serve with lettuce and vinegar.

Ham Paté—Chop bits of broiled ham very fine (those unfit for slicing). To this add—for one pint of meat—one cup of bread crumbs, one teaspoonful white pepper, one saltspoonful

celery salt, one-half cup milk. Mix, in patty pans and bake twenty minutes.

Luncheon Potatoes—Six large-sized potatoes; bake until nearly done; remove from oven. Cut in half, remove center with a spoon and add to it one hard-boiled egg, a drop or two of onion juice, one teaspoonful mixed mustard. Fill skins with this mixture, return to the oven and cook until the tops are brown.

Tomato Preserves—Select sound, yellow, pear-shaped tomatoes; wash and prick with a needle to prevent their bursting. Put their weight in sugar over them. Let stand over night. Next morning add enough water to cover them. Boil slowly until the fruit is clear and sirup is almost candied. Before taking up add to each pound one sliced lemon, rind and all, and one small bit of ginger-root.

Cauliflower Omelet—One cup cold boiled cauliflower, sauce included, chopped into small pieces; four eggs, one teaspoonful cornstarch; beat eggs thoroughly, add cauliflower and cook as other omelets. Salt and pepper to taste.

Sand Tarts—One cup butter, one-half cup molasses, two eggs (reserving white of one), one teaspoonful cinnamon, one cup brown sugar, three cups flour, one teaspoonful baking powder. Roll out thin, glaze with white of egg, sprinkle with granulated sugar, and when baked dot with bits of currant jelly.

Mildred Douglas.

No. 4211 St. Lawrence avenue, Chicago.

FRIDAY, OCTOBER THE FIFTEENTH.

BREAKFAST.

Grapes.
Cream of wheat.
Broiled breast of lamb. Hashed potatoes.
Coffee.

LUNCHEON.

Mock terrapin.
Bread and butter sandwiches.
Baked apples with cream. Cocoa.

DINNER.

Beef tea. Toasted crackers.
Baked whitefish.
Mashed potatoes. Stewed mushrooms.
Spanish fruit pudding.
Coffee.

Hashed Potatoes—Take six cold-boiled potatoes; mince them and season with a half-teaspoonful of salt, a saltspoonful of pepper, adding one-half cupful of milk or stock. Melt a tablespoonful of butter in an omelet pan, and when it is very hot pour in the potatoes. Spread evenly and set back where they will brown, then fold over like an omelet and serve. A little minced parsley or onion improves the dish.

Mock Terrapin—Season one-half of a calf's liver with a small teaspoonful of salt, and fry slowly until brown; then cut it into small dice and dredge with flour. Add to it one teaspoonful of mixed mustard, two finely chopped, hard-boiled eggs, two gills of boiling water, a saltspoonful of pepper and two ounces of butter. Let this boil three minutes, then add one-half a gill of lemon juice and serve very hot.

Beef Tea—To one pound of raw round steak, freed from fat and finely minced, add four drops of hydrochloric acid. Put it into a fruit jar and set the jar into a kettle of cold water over a slow fire, and let it boil gently for three hours. Strain through a coarse strainer. Season with a half-teaspoonful of salt. As the most nutritive portion of the meat precipitates in the preparation do not strain too closely or exclude the sediment from the beef tea.

Stewed Mushrooms—Drop the mushrooms as cleaned into water made slightly acid with vinegar. Drain, slice thin, and to every quart add half a teacupful of cold water, a teaspoonful of salt and a dash of pepper. Simmer five minutes; add a tablespoonful of butter rubbed into a tablespoonful of flour. Remove as soon as it bubbles.

Spanish Fruit Pudding—Line a baking dish with a light puff of paste, add a layer of sliced peaches, a layer of sweet oranges, sliced, and a layer of sliced bananas. Strew two tablespoonfuls of sugar between each layer. Cover the dish with a light puff of paste and bake to a delicate brown. Use eight or ten peaches, three oranges and four bananas. Delicious.

Mrs. M. A. Rowan.

No. 227 Fairview Place, Waukegan, Ill.

October brings the mushroom, and few people are acquainted with its indescribable, delicious flavor. For 15 cents one can buy an abundance for a family of five. If necessary do without some other luxury and give the mushroom a good trial this month.

SATURDAY, OCTOBER THE SIXTEENTH.

BREAKFAST.

Grapes.

Seven-minute eggs. California breakfast food.

Graham muffins. Marmalade.

Coffee.

LUNCHEON.

Stewed green tomatoes. Curd sandwiches.
Scotch shortcake.
Dutch cocoa.

DINNER.

Clear soup à la Vienne.
Old Cornish meat pie. Quince jelly.
Baked sweet potatoes. Fresh bread.
Mrs. Thompson's carrot pudding.
Coffee or tea.

Seven-Minute Eggs—Pour boiling water upon the eggs, and let them stand seven minutes on the back of the stove. Prepared in this manner they will keep of a pleasant, soft consistency for several minutes longer, either in the water, or under egg-cosies.

Stewed Green Tomatoes — Six large green tomatoes, pared; three good-sized onions, peeled. Slice the onions very thin into a spider in which has been melted a tablespoonful of fat. Let the onions fry five or six minutes, taking care that they do not burn; then sprinkle a good teaspoonful of salt and half a teaspoonful of black pepper upon them, mixing well. Slice the pared green tomatoes into the spider and add half a teacupful of hot water. Stir all together and let stew under cover about ten minutes, or until tomatoes are soft. Add a heaping tablespoonful of butter, and serve in hot dish.

Scotch Shortcake—Scotch shortcake is simply good pie-crust rolled out and spread with butter, sugar and a dusting of cinnamon; folded over, and the butter, sugar and cinnamon repeated on top. Bake in a quick oven from ten to fifteen minutes. Very nice for luncheon.

Dutch Cocoa—The Dutch cocoas are best prepared by mixing thoroughly equal parts of cocoa and sugar, and pouring absolutely boiling water upon the mixture, in the proportion of one teacupful water to two teaspoonfuls of the mixture. A little milk or cream is added to each cup when serving. The cocoa may be made directly in the cups, or in chocolate pot. It is equally delicious, either way.

Clear Soup, à la Vienne—Take three pints good soup stock, and add to it a small onion and half a small carrot, which have been parboiled five minutes. Add a bay leaf, two kernels of allspice, a heaping teaspoonful of salt, half a saltspoonful of black pepper, a tiny pinch of red pepper, and a half a teaspoonful of minute shavings of the outer peel of a lemon. Boil thirty minutes and strain. Return it to the kettle, and drop into it, when again boiling, small tablespoonfuls of the following mixture:

One egg well beaten, one tablespoonful lard beaten into the egg, and three tablespoonfuls farina. Stir all thoroughly before

dropping into the boiling soup. Let boil scarcely three minutes, and serve. A pleasant and unique addition to soup, somewhat resembling the roe of small fish.

Old Cornish Meat Pie—Two squabs, or young pigeons; four large, tart apples; four good-sized onions; one and one-half pounds lean mutton or lamb.

Cut the mutton in small pieces and simmer for an hour and a half in a quart of water, with one teaspoonful salt, and a couple of peppercorns.

Line a deep pudding dish around the sides only, with a crust composed of a pint of sifted flour, one-fourth pound of beef suet chopped very fine, one-half teaspoonful salt, and nearly a teacupful of cold water. Leave enough of the crust to cover the top with a rather thick layer.

Prepare the squabs, wash, and wipe them dry, rub them inside and out with salt and pepper and lay them in the bottom of the pudding dish.

Cover the squabs with alternate layers of sliced apple, sliced onion, and bits of mutton, occasionally dredging in a very little flour, and laying a few bits of butter. Continue the layers until the dish is heaping full, and pour into it the water in which the mutton was stewed. Roll out the top crust, cut crisscross slits for ventilation, lay it over the pie, fastening the edges well against the lining crust. Bake one hour in a quick oven, taking care that the top crust does not burn. It is best served in the dish in which it is baked. A Cornish dish, which, once learned, is much liked.

"Happy is the family that can eat onions together!"—Old Proverb.

Mrs. Thompson's Carrot Pudding — One-half pound bread crumbs, one-fourth pound stoned raisins, one-fourth pound currants, three-fourths pound boiled and mashed carrot, one cup sugar, three well-beaten eggs, one-fourth grated nutmeg, one half cup milk, one-half teaspoonful salt.

Boil the carrots and mash them fine, add the other ingredients, mix well and put in a buttered pudding dish. Bake one hour. Turn it out of dish and serve with cream and sifted sugar. It is also very nice when cold, and can then be sliced.

Mrs. E. K. Parrish.

Western Springs, Cook County, Ill.

SUNDAY, OCTOBER THE SEVENTEENTH.

BREAKFAST.

Fruit.
Cracked wheat, with cream and sugar.
Creamed cod in potato case. Egg bread.
Doughnuts. Coffee.

LUNCHEON.

Sausage toast. Cider jelly.
Fayal biscuit. Baked pear compote.
Cocoa.

DINNER.

Pink cream soup. Potato balls.
Indian cutlets. Mashed potatoes.
Lima beans.
Snowballs. Coffee.

Cracked Wheat—To four small cups of boiling water stir in one cup of cracked wheat and scant teaspoonful of salt. Boil in double boiler two hours; serve hot or pour into a mold and serve cold, with cream and sugar. Prepare this the day before.

Creamed Cod in Potato Case—Boil and mash six potatoes; add one egg, a gill of milk, half a teaspoonful of salt and a drift of pepper; beat all until very light. Pick and scald three-quarters of a pound of boneless cod; drain and press perfectly dry. Mix one tablespoonful of butter and two of flour; add one pint of milk and stir on stove until boiling, adding a half-saltspoon of pepper. Grease a small pudding dish; line the bottom and sides with the potatoes. Add the cod to the cream sauce and fill in the center; cover the top with a thick layer of mashed potatoes and bake until a nice brown. When done turn out and serve.

Egg Bread—Two cups of yellow meal, one cup of cold boiled rice, three well-beaten eggs, one tablespoonful of melted butter, a teaspoonful of salt and two cups of milk. Stir the beaten eggs into the milk; add the meal, butter, salt and lastly the rice; beat hard three minutes; add two teaspoonfuls of baking powder and bake quickly in a shallow pan.

Doughnuts—Sift three times two teaspoonfuls of baking powder in one quart of flour. Dissolve half a cup of sugar in one cup of milk; add a teaspoonful of salt, a half of a grated nutmeg and two well-beaten eggs. Mix with the flour; handle as little as possible; roll out; cut with a ring-cutter and fry. This makes enough for three meals.

Sausage Toast—Fry five link sausages; strip off the skins and mix with a tablespoonful of scalded parsley, chopped very fine, a grating of good cheese, such as Parmesan, and a tablespoonful of mixed mustard; spread the mixture on hot-buttered toast.

Cider Jelly—Soften one ounce of gelatine in half a pint of cold water. When quite soft add half a pint of hot water and a pint of good, sparkling cider. If the cider be very sweet the juice of a lemon is an improvement.

Fayal Biscuit—Take three cups of flour, one cup of milk, three eggs, half a cup of sugar, butter the size of an egg, two teaspoons baking powder. Blend the butter and sugar; add the beaten egg, then the milk; sift the flour and fold into the other ingre-

dients softly. Lastly, beat in the baking powder lightly; bake in cups or rings and eat hot and buttered.

Baked Pear Compote — Fill a bean pot with pears, peeled, quartered and cored. Sprinkle over them about half a cup of sugar for a quart of the pears. Add about a cup of water; cover closely and bake several hours in a moderate oven. When red, take out the pears, arrange in a pretty dish, drain off the sirup, let it boil up once, pour over the fruit and set away to cool. Hard winter pears are the best.

Pink Cream Soup—In a saucepan put of each a tablespoonful and a half of butter and flour. Stir over the fire until quite smooth. Then add by degrees three pints of milk and let boil up. Season with a level teaspoonful of salt, a quarter of a saltspoonful of grated nutmeg. Color with a tablespoonful and a half of boiled beets rubbed through sieve.

Potato Balls—Grate four cold boiled potatoes; mix with them a tablespoonful of chopped parsley. Rub into them a heaping teaspoonful of butter; beat them up with the yolks of two eggs and the white of one. Make into small balls, roll in bread crumbs, fry a golden brown in hot fat; place in tureen and pour the soup over them.

Indian Cutlets—With a quarter of a pint of milk mix a teaspoonful of coriander seed, and the same of powdered ginger, and a small onion finely chopped. Take two pounds of tender veal, cut it into neat cutlet-shaped pieces and soak them in the above mixture one hour. Then roll them in bread crumbs and fry a light brown. Sprinkle a saltspoonful of salt over each and squeeze a little lemon juice over them at the moment of serving.

Stewed Lima Beans—Cover a pint of limas with a quart of freshly boiling water, and cook half an hour; drain off half the water and add an ounce of finely minced, salt, fat pork, a half teaspoonful each of onion and parsley, a cup of hot milk and a saltspoonful of salt; stew until the beans are tender. Finish with a spoonful of butter rolled in flour.

Snowballs—Pare and core six apples, fill the space with a little marmalade or sugar and spice, with a bit of chopped lemon peel. Place each apple in separate cloth and scatter over each two tablespoonfuls of rice. Tie rather loosely and boil for one hour. For the sauce, cream a piece of butter the size of an egg with a cup of sugar; add the grated rind and juice of an orange and pour over slowly a pint of boiling water. F. E. Peck.

117 West Seventeenth Street, Davenport, Iowa.

MONDAY, OCTOBER THE EIGHTEENTH.

BREAKFAST.

Grapes.
Steamed rice.
Ham omelet. Fried Indian mush.
Coffee.

LUNCHEON.

Stuffed peppers. Baked sweet potatoes.
Bread and butter. Cabbage salad.
Quince preserves. Spanish buns.
Cocoa.

DINNER.

Celery soup.
Baked mutton chops and potatoes.
Baked squash. Lima bean salad.
Cabinet pudding.
Tea.

Steamed Rice—Wash a small cup of rice and put in double boiler, with a pint and a half of milk and a saltspoon of salt. Cook till creamy, add a teaspoon of butter and three tablespoons sugar. Stir lightly and serve.

Stuffed Peppers—Prepare green peppers the day before by cutting off a slice at stem end, taking out seeds and partitions and placing peppers and end slices in cold salt water. Soak twenty-four hours, changing the water three or four times. When ready to use, take for six peppers one cup chopped cold meat, one tablespoon melted butter, one tomato, peeled, drained and cut in dice, one-fourth cup uncooked rice, one-half teaspoon salt; fill peppers, putting ends in place in pan, and put in one slice onion, tablespoon butter, juice from tomato and water enough to reach half the height of peppers. Bake one hour in slow oven, basting peppers every fifteen minutes. When done lift peppers to a platter, thicken the gravy and pour over them.

Quince Preserves—To one peck sweet apples—pared and quartered—take fifteen quinces, cut in eighths, and five pounds of sugar; place alternate layers of fruit and sugar in preserving kettle, add two cups water and let stand over night. In the morning cook slowly till fruit is tender and sirup clear.

Spanish Buns—Two cups brown sugar, one-half cup molasses, three-fourths cup butter, three-fourths cup sweet milk, three and one-half cups flour, two teaspoons baking powder, five eggs, one teaspoon cloves, three teaspoons cinnamon, one-half nutmeg, grated. Bake in dripping pans, and while warm cut in small squares and frost. This makes three dozen buns, which keep perfectly. For frosting, use the whites of two eggs, one teaspoonful of cinnamon, a dash of cloves, and beat in enough brown sugar to thicken.

Lima Bean Salad—To one pint Lima beans add half a small onion, a sprig of parsley and a half-teaspoon salt. Cook till tender; drain and set on ice. When very cool cover with salad dressing.

Cabinet Pudding—Soak four cups bread crumbs in three cups milk, add three beaten eggs, half cup sugar, half cup seeded raisins

and half cup currants dredged with flour, teaspoon vanilla. Beat well and turn into well-buttered mold or tin pail. Cover tight and boil steadily two and one-half hours. Eat with hard sauce. If any is left it is equally good steamed over.

Wauseon, O. Florence Howe.

TUESDAY, OCTOBER THE NINETEENTH.

BREAKFAST.

Grapes.
Minced meat on toast.
Kentucky rolls. Egg omelet.
Coffee.

LUNCHEON.

Sliced cold roast with Chili sauce.
Beaten biscuit. Drop cakes.
Chocolate.

DINNER.

Cream of celery soup.
Chicken—Kentucky style.
Cream corn. Cold slaw.
Baked apple pudding.
Coffee.

Kentucky Rolls—One pound of flour, one pint of milk, one egg, one ounce of butter, two tablespoonfuls of yeast, one salt-spoonful of salt. Heat the milk, add the butter and salt. When lukewarm, beat all together and set to rise in a warm place not less than three hours before wanted. When risen, form into rolls with as little handling as possible. Let stand half hour or until light. Bake on tins.

Egg Omelet (splendid)—Six eggs, whites and yolks beaten separately, half pint of sweet milk, six teaspoonfuls of cornstarch, one teaspoonful of baking powder and a teaspoonful of salt; add the whites, beaten to a stiff froth, last; cook in a little butter.

Chili Sauce—Eight quarts of tomatoes, three cups of peppers, two cups of onions, all chopped very fine, three cups of sugar, one cup of salt, one and one-half cups of vinegar, three teaspoonfuls of cloves; same quantity of cinnamon, two teaspoonfuls each of ginger and nutmeg; boil three hours; chop tomatoes, peppers and onions very fine; bottle up and seal.

Chicken—Kentucky Style—Kill chicken the day before it is cooked. Split open on the back, as if to broil. When all ready to cook, wipe dry, rub well with butter, pepper and salt. Put in a pan with a slice of bacon or pork in a pint of water. Simmer

an hour, basting frequently. When thoroughly done, place on a hot dish.

Stir into the gravy remaining on the fire a beaten egg, mixing it carefully. Pour this into the dish, but not on the chicken. Sift over it cracker, first browned and then pounded. Garnish with parsley and serve.

Baked Apple Pudding—The yolks of four eggs, six large pippins grated, three tablespoonfuls of butter, one-half cup of sugar, the juice and half the peel of one lemon. Beat sugar and butter to cream, stir in yolks and lemon with the grated apple. Pour in a deep pudding dish to bake. Grate nutmeg on top. Eat cold with cream.

Mrs. L. D. Potter.

No. 1122 State Street, Bowling Green, Ky.

WEDNESDAY, OCTOBER THE TWENTIETH.

BREAKFAST.

Seedless grapes.
Oatmeal sugar and cream.
Chicken pancakes. Sliced tomatoes.
Hot coffee.

LUNCHEON.

Cold wheat cakes.
Potato salad.
Bread, biscuit and butter.
Stewed pears with rice.
Cocoa.

DINNER.

Noodle soup.
Stewed shoulder of veal.
Savory baked potatoes.
Hot slaw. Mustard pickles.
Cherry tapioca with cream.
Coffee nuts. Hot coffee.

Chicken Pancakes—One pint of finely chopped cold chicken seasoned with one-half teaspoon of salt, half saltspoon of pepper and two tablespoons of tomato catchup. Heat to boiling point one half pint each of water and cold gravy, add one tablespoon each of butter and flour; let boil a moment and add the chicken and set aside to keep very hot.

For the batter, beat two eggs until light, mix with one and one-half cups of sweet milk, two full cups of flour, a pinch of salt and one teaspoonful of baking powder. Hastily fry pancakes of the desired size to a light brown, spread some of the prepared

chicken upon each pancake, fold once and keep hot until all are ready for serving.

Potato Salad—Cream Dressing—Chop coarsely enough cold boiled potatoes to make one quart. Chop three hard boiled eggs and mince one large onion or use one-half teacupful of minced celery instead. Arrange in the salad bowl in layers of potatoes, eggs and minced onion, adding salt and pepper to each layer and using a teaspoonful of salt and half a teaspoonful of pepper.

For dressing, mix one beaten egg with one cupful of vinegar and stir over the fire till cooked; set aside till perfectly cold. Whip two-thirds of a teacupful of sweet cream and add to the vinegar and egg when cold. Mix lightly and pour over potatoes. Do not stir after adding to potatoes.

Noodle Soup—Three pints or more of good stock seasoned with salt and pepper. Add one-half hour before seasoning noodles made of one egg, slightly beaten with one tablespoonful of water, a saltspoonful of salt and a dash of pepper and mixed as solid as possible with flour, rolled to paper-like thinness, dried at least one hour, and cut in pieces one-half inch square. One-quarter of an hour before serving, stir in one-half cup of cold oatmeal left from breakfast.

Stewed Shoulder of Veal—Remove the bone from the shoulder and stuff the cavity left with a cupful of bread crumbs seasoned with a teaspoonful of sage, a saltspoon of salt and one-half a saltspoon of pepper, slightly moistened with a tablespoonful of water or milk. Cover the top of the meat with thin slices of cold cooked fat bacon or salt pork, fastening them in place. Put the meat into a pot with two quarts of boiling water, a chopped onion and two stalks of celery; add a heaping teaspoonful of salt, cover and stir gently for two hours. Remove the meat to a dripping-pan, brush over with a raw egg, sift rolled cracker crumbs over it, and set in the oven for half an hour; when well browned serve on a hot dish. Strain the liquor in which it was cooked, thicken with a large spoonful of browned flour, boiling briskly for five minutes, and send to table in a gravy-boat.

Savory Baked Potatoes—Peel as many medium-sized potatoes as will cover the bottom of a large baking dish. Sprinkle over them a half-teaspoonful of dried sage, half a teaspoonful of salt and a saltspoonful of pepper. Cut an onion in thin slices and spread over the top. Add a large tablespoonful of butter in small lumps and pour over all a half-cupful of milk or meat broth. Bake in a moderate oven about forty minutes.

Mustard Pickles—One quart each of onions, cabbage, green tomatoes, green cucumbers, ripe cucumbers and one large green pepper, all chopped fine and put in brine for twenty-four hours. Then bring to a boil on the stove, after which drain quite dry. Take one quart of vinegar, butter size of an egg, one-half cupful of flour, one and one-half cupfuls sugar, six tablespoonfuls dry mustard, one tablespoonful turmeric powder. Mix all together; let boil, and stir while hot into the chopped vegetables. A good rule for making brine is one pint coarse salt to six quarts of water.

Cherry Tapioca—Wash well one cupful of tapioca. Cover with cold water and soak over night. Drain the juice from a quart jar of cherries, add sufficient water to the juice to make one pint, pour over the tapioca, add a pinch of salt, and cook in a double boiler until perfectly clear and done. Then add the cherries and a cupful of sugar (or more if the cherries are very sour); stir all together thoroughly, pour into a pudding dish, and bake one-half hour. Serve hot or cold with sugar and plain or whipped cream. Early Richmond cherries are best.

Astoria, Ill. Mrs. Lillian D. M'Pherson.

THURSDAY, OCTOBER THE TWENTY-FIRST.

BREAKFAST.

Shredded wheat biscuit, sugar and cream.
Foamy omelet with ham.
Oatmeal muffins.
Coffee.

LUNCHEON.

Cold meat with purée of potatoes.
Drop biscuits.
Cocoa.
Apples and grapes.

DINNER.

Cream of celery soup. Dinner rolls.
Broiled steak and mushrooms.
Sweet potatoes baked.
Spinach.
Sponge pudding.

Shredded Wheat Biscuit—Take three wheat biscuits, crumble them in a dish and pour over them one coffeecup of boiling water, and cover for fifteen minutes. Then mix well with a spoon. Serve with sugar and cream.

Foamy Omelet with Ham—Separate the yolks from the whites of six eggs, and put them into bowls. To the yolks add one saltspoonful of salt and one-half of a saltspoonful of pepper. Beat with a Dover eggbeater or fork until light. Then add four tablespoonfuls of milk. Beat the whites until stiff and fold, not beat them, into the yolks, so that the whole shall be very light and puffy. Pour the mixture into a buttered pan and cook slowly until the underside begins to turn brown, or for about two minutes. Then put the pan on the grate in the oven for about one minute or a little longer, to cook the upper surface. Have

ready broiled a thin, small slice of ham, thoroughly well done. Run a knife under the omelet to separate it from the pan, lay the ham lightly on one half of it and fold over it the other. Take the hot platter which is to receive it in the right hand, lay it against the edge of the pan, and tip the omelet out. Serve immediately.

Oatmeal Muffins—Two and a quarter cups of flour, two teaspoonfuls of baking powder, one teaspoonful of salt, two tablespoonfuls of sugar, one egg, one cup of milk, one cup of cooked oatmeal, one tablespoonful of melted butter. Sift the flour and baking powder together twice. Beat the egg very light, stir into it the salt, sugar and milk, then add the flour (sifted), and last the oatmeal and butter; beat for a minute and bake immediately in gem pans or muffin rings in a hot oven for half an hour. The oatmeal should have been cooked rather dry.

Cold Meat with Purée of Potatoes—Four good-sized potatoes, one tablespoonful of butter, one teacupful of boiling milk, half a teaspoonful of salt. Pare and boil the potatoes and mash light and fine. Add the butter, salt, boiling milk, a pinch of pepper; beat up light and lay on a hot platter. Place on this slices of any kind of cold meat, and on each slice put a spoonful of hot gravy, and set the platter in the oven for five minutes. Garnish with parsley. If there is no gravy left from the day before, put in a quart of water with the milk and hard pieces of the meat, and boil down to a pint. Put one tablespoonful of butter in a pan, and when hot add one tablespoonful of flour, slowly. Stir until deep brown and strain the broth in this. Season with a saltspoonful of salt and a spoonful of any kind of sauce, if you please.

Cream of Celery Soup—One head of celery, one pint of water, one pint of milk, one tablespoonful of butter, one tablespoonful of flour, half a teaspoonful of salt, half a saltspoonful of white pepper. Wash and scrape the celery, cut it into half-inch pieces, put it into the pint of boiling water, and cook until it is very soft. When done, mash it in the water in which it is boiled and add the salt and pepper. Let the milk come to a boil with a slice of a small onion in it; cream together the butter and flour, and stir slowly the boiled milk into it, then add this to the celery and strain through a sieve, pressing and mashing with the back of a spoon until all but the tough fibers of the celery are squeezed through. Return the soup to the fire and heat until it is steaming, when it is ready to serve.

Broiled Steak and Mushrooms—Select a steak from the top of the round and have it cut an inch and a half thick. Place the steak in a wire broiler, put it as near the glowing coals as possible, count ten and turn it, and so on for five or six times; then lift the broiler farther away from the coals and let the meat cook more slowly. When done, salt and butter, and place on a hot dish. Surround with half a dozen good-sized mushrooms, which have been cooked as follows: Wipe off the mushrooms and peel them, cut off the stems close, butter the mushrooms top and

bottom and let them stand for half an hour; then broil until tender in a hot pan or wire broiler.

Sweet potatoes should be baked in a hot oven, so they cook quickly.

Spinach—After washing the spinach well and picking it over, boil in plenty of hot water, salted, for twenty-five minutes. Drain and press out the water; chop fine, put back over the fire with a large spoonful of butter, a teaspoonful of sugar, one tablespoonful of vinegar, saltspoonful of salt. Beat until hot and smooth; turn into a hot dish and garnish with a hard-boiled egg, cut in slices. Another nice dressing is made with a large spoonful of butter, two of milk, one teaspoonful of sugar and a very little nutmeg.

Sponge Pudding—The yolks of three eggs, four tablespoonfuls of flour, one and a half pints of milk, a pinch of salt, two tablespoonfuls of sugar. Stir the milk, scalding hot, into the flour (which should have been sifted), beat well, then slowly add the yolks of the eggs (beating rapidly all the time) and sugar. Have the whites beaten to a froth, add them to the batter, and pour into a buttered dish and bake at once for half an hour. Serve immediately. Any seasoning preferred may be used, a teaspoonful of vanilla or rose, a half-teaspoonful of almond, or a grate of nutmeg. Mrs. Thomas Turtle.

No. 2815 Q Street, Washington, D. C.

FRIDAY, OCTOBER THE TWENTY-SECOND.

BREAKFAST.

Oatmeal with cream and sugar.
Bread balls. Beef hash.
Coffee.

LUNCHEON.

Blanquette of chicken.
Celery. Bread and butter.
Coddled apples. Ginger bread.
Milk or cocoa.

DINNER.

Tomato soup.
Oyster pie with Richmond sauce.
Creamed potatoes. Baked cabbage.
Rye bread and butter.
Cornstarch fritters.

Bread Balls—Take one-half loaf of stale bread, break in bits; and add teaspoon of salt; half-saltspoon of pepper, lump of

butter size of an egg, and a pinch of sage, if liked. Pour boiling water over this, using enough to moisten the bread; then stir with fork until quite smooth. Beat three eggs until very light, and add. Have a skillet on the stove smoking hot, with tablespoon of drippings or part lard and butter. Put the bread mixture in with spoon, and when a rich brown, turn and fry other side. Place on hot platter and serve at once.

Oyster Pie—Make a biscuit dough of one quart flour, two teaspoons baking powder, one-half teaspoonful of salt, two tablespoons shortening, milk or water to make a dough not too stiff. Take two-thirds of the dough and roll out to fit a good-sized baking dish. Sprinkle this with a little flour and add one quart of oysters. To the juice of the oysters add one teaspoon of cornstarch. Pour over oysters, cover with small lumps of butter, season highly with salt and pepper. Roll out the remaining dough and cover pie with it, making incisions in top to let out air. Bake in moderate oven until crust is a rich brown.

Richmond Sauce—One pint cooked tomatoes, one cup water, two cloves, two allspice berries, two peppercorns, one teaspoon mixed herbs, two sprigs parsley. Put all on to boil in granite saucepan. Fry one tablespoon chopped onion in one tablespoon butter until yellow; then add one heaping tablespoon cornstarch and stir all into the tomato. Simmer for ten minutes; add one-half teaspoon salt and one-half saltspoon pepper, a dash of cayenne and strain, and it is ready for use. This is splendid for chops or fish, and should be poured over them while hot.

Cornstarch Fritters—Boil one pint of milk with one-inch of stick cinnamon. Stir together one-half cup sugar, two tablespoons cornstarch and one of flour, and add one-fourth cup cold milk, and yolk of three eggs well-beaten. Add the boiling milk to this, and one saltspoon of salt and stir well. Strain into double boiler and cook fifteen minutes; stirring often. Take from the fire and add one teaspoon butter and one of vanilla. Pour into a buttered bread-pan about one inch deep and set to cool. When very hard, sprinkle a bread-board with fine bread crumbs. Turn the cream out on this and cut into strips two and a half inches long and one inch wide, or in diamonds. Cover these in crumbs; dip in beaten egg, then in crumbs again, and fry one minute in smoking hot lard. Sprinkle with sugar and serve hot. It is better to make the cream the night before. They are splendid and very delicate. Mrs. Frederick Stingle.

884 Southport Avenue, Chicago, Ill.

SATURDAY, OCTOBER THE TWENTY-THIRD.

BREAKFAST.

Soft boiled eggs.
Crisped bacon.
Hot corn cake. Honey.
Coffee.

LUNCHEON.

Spiced currants.
Cold sliced tongue. Sweet potato balls.
Molasses cake.
Tea.

DINNER.

Ragout of mutton.
Steamed Irish potatoes.
Fried green tomatoes.
Cocoanut pie. Grapes.
Coffee.

Ragout of Mutton—Three pounds of mutton without bone; cut in strips three inches long by one inch wide; two lamb sweetbreads, one cup of gravy made from bones, skin, etc.—"trimmings" of the meat—two eggs, one-quarter of a pound of salt pork, one fried onion, one cup of green peas (the canned will answer the purpose), pepper, salt and a tablespoonful of minced parsley; dripping for frying browned flour. Fry the onion in plenty of dripping, then the meat for five minutes; parboil the sweetbreads, throw into cold water to blanch, wipe and slice, then fry also in the fat. Lay sliced pork in the bottom of a saucepan; upon this the mutton, then the sweetbreads, next the onion, green peas, then pepper, salt and parsley; cover with gravy, put on a close lid; stew gently for one hour after the boil sets in. Take up the meat and sweetbreads, thicken gravy with browned flour, pour it on two beaten eggs, stir one minute over the fire and pour upon the meat and serve.

Fried Green Tomatoes—Cut six large green tomatoes into slices about an eighth of an inch thick. Beat the yolk of an egg with a tablespoonful of cold water. Sprinkle over the tomatoes some salt and pepper, dip them in the egg and then in fine bread crumbs. Fry in butter, brown thoroughly on both sides, and serve with a gravy made as follows: Rub together one tablespoonful of flour with two tablespoonfuls of butter, and when well creamed, brown in the pan; add a half pint of boiling milk, stirring constantly until it begins to thicken; then add a saltspoonful of salt and pour over the tomatoes.

Molasses Drop Cakes—One cupful of molasses, three cupfuls of flour, half a cupful of butter, grated rind of a lemon, and one teaspoonful of soda. Beat the ingredients together thoroughly, and drop in spoonfuls upon a buttered tin. Bake for five or six minutes in a quick oven.

Cocoanut Pie—For a pie put a cup of grated cocoanut to soak over night if it is desiccated (if fresh need not soak). When ready to bake, take two tablespoonfuls of flour, mix it with a pint of milk or water, place on the stove in a tin pail placed in a kettle of boiling water, stir until it thickens; if water is used

add a tablespoonful of butter while warm, when cool add a little salt, the yolks of two eggs, sugar to taste, about one-half cup; add the cocoanut, beating all together, fill the crust and bake. When done beat the whites of two eggs with three tablespoonfuls of powdered sugar, spread on top, return to the oven and brown slightly. Nannie K. Van Keuren.

No. 412 South Boulevard, Oak Park, Ill.

SUNDAY, OCTOBER THE TWENTY-FOURTH.

BREAKFAST.

Baked sweet apples.
Farina, cream and sugar.
Eggs à la dauphine.
Whole wheat muffins. Coffee.

LUNCHEON.

Macaroni with oysters.
Cabbage salad. Boiled salad dressing.
Sliced peaches and cream.
Tea. Toast.

DINNER.

Cream of potato soup.
Roast ribs of beef.
Rice and cheese. Sliced tomatoes.
Maple custard.
Coffee.

Eggs à la Dauphine—This is really eggs poached in tomatoes. Poach one-half dozen strictly fresh eggs in one and one-half cupfuls strained cooked tomatoes. Carefully lift eggs when done to heated platter and around them pour the tomato sauce, made by adding one tablespoonful flour and one tablespoonful butter, well mixed, to the tomato juice, with seasoning of one large half teaspoonful salt and a dash of pepper.

Whole Wheat Muffins—Two tablespoonfuls sugar, one egg, one-half teaspoonful salt. Beat well. Add one-fourth cupful sweet milk and one cupful sour milk; one-half teaspoonful baking soda dissolved in one tablespoonful hot water, one and three-quarters cupfuls whole wheat flour. Bake in well-greased, hot gem pans in quick oven one-half hour. Excellent.

Boiled Salad Dressing—Mix one dessert spoonful of dry mustard, one-half teaspoonful salt, one-quarter teaspoonful white pepper, one-half teaspoonful celery salt, with one tablespoonful butter. Stir thoroughly, add the yolks of two eggs. Beat well; add one cupful of hot sweet cream or milk. Stir all together in double boiler until it begins to thicken. Remove immediately from fire. When cold add two tablespoonfuls vinegar.

Cream of Potato Soup—Boil four good-sized potatoes (peeled) in one quart of boiling water for fifteen minutes. Then drain water off and add one pint fresh, boiling water; add one bay leaf, a stalk of celery, half a small onion, a sprig of parsley, and boil until potatoes are done. Now press the potatoes through a sieve. Rub one tablespoonful butter and one tablespoonful flour together and stir into one quart of boiling milk until it thickens. Pour this over the potatoes; add one teaspoonful of salt. Stir until smooth and serve immediately. This soup cannot stand nor be warmed over.

Rice and Cheese—Boil one cupful rice (well washed) in rapidly boiling, salted water for one-half hour. Do not stir when boiling, but shake in the saucepan. When it is done, drain, and put in a buttered baking dish, with one cupful grated American cheese, one cupful milk and one-half teaspoonful salt, if the cheese is fresh. Toss all together well and cover top with dots of butter. Brown in quick oven and serve in baking dish.

Maple Custard—Beat five eggs. Stir into them one cupful maple sugar, one tablespoonful flour, one-half teaspoonful salt, one-quarter teaspoonful nutmeg. Stir this all into two quarts of lukewarm milk. Pour in baking dish and set baking dish in pan of hot water in oven. Bake in moderate oven until custard is set—that is, firm in the center. Mrs. Charles C. Pickett.

No. 1415 Church Street, Evanston, Ill.

MONDAY, OCTOBER THE TWENTY-FIFTH.

BREAKFAST.

Pettijohns breakfast food. Oranges.
Apple cornmeal gems. Halibut steaks broiled.
Coffee.

LUNCHEON.

Baked eggs. Bread and butter.
Saratoga chips. Watermelon cake.
Tea.

DINNER.

Vegetable soup.
Turkish stew. Sweet potato.
Canned peas. Tomato catsup.
Figs in cream. Coffee.

Watermelon Cake—White part, one-half cup of butter, one and a half cups of sugar, one-half teaspoonful almond extract, one-half cup of milk, one-quarter teaspoonful of soda, three-quarters teaspoonful cream of tartar, two and a quarter cups of flour, whites of five eggs.

Pink Part—One-half cup of butter, one and a half cups of pink sugar, yolks of four eggs, one whole egg, one-half cup of milk, a few grates of nutmeg, one-quarter teaspoonful of soda, three-quarters teaspoonful of cream of tartar, two and a half cups of flour, one cup of raisins, seeded, quartered and rolled in flour.

Mix each part in the order given, putting soda in the milk and cream of tartar in the flour, and adding milk and flour alternately. Put the pink part in the center of a round pan, and the white part around the edge. Or bake in two brick loaf pans, the pink at the bottom and the white on top. The oven should be of a moderate heat. Mrs. Lincoln's recipe.

Turkish Stew—Cut the remains of cold roast beef into small pieces, say one-half inch square. Put two tablespoonfuls of butter into a saucepan, throw the meat into the butter, stir carefully until the meat is nicely browned, then take it from the fire, add four tablespoonfuls of tomato catsup, one onion sliced, and one-half cup of stock, one-half teaspoonful of pepper and a green pepper chopped fine. Cover and stand on the back part of the stove for twenty minutes. Serve in a border of boiled rice.

Figs in Cream—The figs must be prepared the day before. Purchase two pounds of the best Smyrna figs, pull apart and cover them with cold water and stand aside over night. Next morning put over a slow fire and simmer until the figs are plump and tender; add one cup of sugar, juice of one lemon and simmer again a few minutes. Turn out to cool; serve in a glass dish with whipped cream heaped over. Mrs. Lulu Mansfield.

No. 1104 West Twelfth Street, Chicago.

TUESDAY, OCTOBER THE TWENTY-SIXTH.

BREAKFAST.

Stewed prunes. Minced eggs.
Squash griddle cakes.
Rolls. Coffee.

LUNCHEON.

Bouillon.
Panned oysters. Celery salad.
Rusks. Quince snow.
Tea.

DINNER.

Haricot of oxtails. Potato snow.
Cabbage à la Francaise. Mixed pickles.
Apple tarts.
Cheese. Coffee.

Minced Eggs—Chop up, rather coarsely, five hard-boiled eggs. Season with one-quarter teaspoonful of salt. Put over the fire in

a suitable dish a cupful of milk, a tablespoonful of butter, one-fourth of a teaspoonful of salt, same of pepper, half a teaspoonful of savory, chopped small. When this comes to a boil stir into it a tablespoonful of flour dissolved in a little cold milk. When thick like cream put in the minced eggs. Stir it gently around and around for a few moments. Serve, garnished with sippets of toast. Any desired flavor may be added to the mince, such as mushrooms, shrimps or shredded anchovy.

Panned Oysters—Fit patty pans with pieces of stale bread, taking off all the crust; toast and butter them; moisten with three or four teaspoonfuls of oyster liquor; place on toast a layer of oysters, sprinkled with pepper; put a small piece of butter on top of each pan; place all the pans in a baking pan and place in the oven, covering tightly. Cook till the beards are ruffled, remove the cover, sprinkle with salt, replace and cook one minute longer. Serve in patty pans.

Quince Snow—Quarter five fair-looking quinces and boil them in water until they are tender; then peel them and push them through a coarse sieve. Sweeten to the taste and add the whites of four eggs. Beat all to a stiff froth. Pile with a spoon upon a glass dish and set away in the ice box unless wanted immediately.

Haricot of Oxtails—Three oxtails, two carrots, two onions, two small white turnips, three potatoes, three tablespoonfuls of butter, two of flour, three pints of water, one teaspoonful and a half of salt, half a teaspoonful of pepper (more or less seasoning can be added if necessary). Cut the tails in pieces four inches long. Cut the onions very fine, and the carrots, turnips and potatoes into large cubes. Put the butter, meat and onions in the stew-pan and fry, stirring all the time, until the onions are a golden brown; then add the flour and stir two minutes longer. Add the water, and, when it comes to a boil skim carefully. Set back where it will simmer. When it has been cooking one hour add the carrots and turnips. Cook another hour and then add the salt, pepper and potatoes. Simmer twenty minutes longer. Heap the vegetables in the center of a hot dish and arrange the tails around them. Pour the gravy over all and serve.

Cabbage à la Francaise—Chop a small head of cold boiled white cabbage and let it drain till perfectly dry. Stir in two tablespoonfuls of melted butter, scant teaspoonful of salt, one-fourth of a teaspoonful of pepper, four tablespoonfuls of milk or cream. Heat it through, then add two well-beaten eggs. Turn the mixture into a buttered frying-pan, stirring until it is very hot and a delicate brown on the under side. Place a hot dish over the pan, which must be reversed when turned out to be served.

Apple Tarts—Boil in two tablespoonfuls of water five large tart apples; beat until very smooth. When the apples are quite soft, then add the yolks of three eggs, the juice and grated rind of one lemon, one tablespoonful of butter, one cup of sugar. Beat all thoroughly, line patty pans with a good paste and fill. Bake five minutes in a hot oven. Mrs. John Buie.

No. 170 Harding Avenue, Chicago.

WEDNESDAY, OCTOBER THE TWENTY-SEVENTH.

BREAKFAST.

Cracked wheat.
Soft boiled eggs. Graham gems.
Coffee.

LUNCHEON.

Wheat bread.
Collared head. Red pepper jelly.
Scalloped potatoes.
Cheese fritters.
Tea.

DINNER.

Purée maigre.
Veal cutlets, lemon sauce.
Mashed potatoes.
Paradise pudding.
Coffee.

Cheese Fritters—Slice thin half a dozen large tart apples, and prepare half as many thin slices of nice cheese. Beat up two eggs and season with one saltspoonful each of salt and mustard and a very small pinch of pepper. Lay the slices of cheese to soak for a few minutes in the mixture, then put each slice between two slices of apples, sandwich style, and dip the whole into the eggs, then fry in hot butter like oysters, and serve very hot. These fritters are an addition to any lunch table.

Collared Head—Take four pigs' tongues with a little fat to each, salt them for about a week, then boil until quite tender, when the skins may be easily taken off; after one has been skinned, put it into the pot again to keep it hot, whên all are skinned cut them up and mix with a teaspoonful each of salt, pepper and sage. Put the mixture into a dish, pour in some of the liquor to fill up the little spaces, and then press with a heavy weight until cold.

Red Pepper Jelly—Mash ripe red peppers, place the pods in an earthen jar which must be set in a kettle of cold water and boiled until the juice is entirely extracted. To every pint of juice allow a pound of sugar, and boil until it ropes well. Put in small tumblers. This jelly is very nice for cold meats.

Purée Maigre—One turnip, one carrot, half an onion, one tablespoonful of chopped cabbage, half a can of tomatoes, half a cup of raw rice, stalk of celery, chopped, three tablespoonfuls of butter, cut up in two of flour, two tablespoonfuls of chopped parsley, one quart of cold water, pepper and salt to taste; one teaspoon-

ful of sugar, one cup of milk. Pare and grate turnip and carrot. Peel and slice the onion and parboil with the cabbage for twenty minutes, throwing the water away. Soak the rice for two hours. Put all the vegetables except the tomatoes, with the rice and cold water, into the soup kettle; cover and stew gently for an hour after the boil is reached. Add the tomatoes, simmer for half an hour, and rub through a colander. Return to the fire, stir to a boil, add the floured butter, boil up a little faster and stir in the milk, scalding hot, first adding a tiny bit of soda. Season and pour out. It should not boil after the milk is added. Be careful not to let the purée "catch" in cooking.

Veal Cutlets with Lemon Sauce—Dip each cutlet in a beaten egg, then in peppered and salted cracker dust, and fry in hot dripping to a rich golden brown. Lay each as it is done on paper to absorb the grease. Arrange on a hot dish and put on every cutlet a generous spoonful of sauce. Make it by beating two tablespoonfuls of butter to a cream with a tablespoonful of lemon juice and a tablespoonful of minced parsley.

Paradise Pudding—Three pared apples chopped fine, half cup of currants, half cup of sugar, two of bread crumbs, three eggs, grated rind and juice of half a lemon. Mix, put in a well-floured pudding bag and boil one and a half hours; serve with liquid sauce. Miss A. Caskey.

Burlington, Wis.

THURSDAY, OCTOBER THE TWENTY-EIGHTH.

BREAKFAST.

Grapes.
Minced veal—tomato sauce.
Toasted graham crackers.
Coffee.

LUNCHEON.

Salad of cottage cheese.
Bread and butter.
Apple fritters.
Tea.

DINNER.

Clear broth, with vermicelli.
Corned leg of mutton, with potatoes and cucumber catchup.
Baked cauliflower, with cheese.
Stewed apricots. Sunshine cake.
Coffee.

Allow cold water to run over the grapes a moment before they are sent to the table.

Tomato Catsup—One bushel of tomatoes, one scant pint of salt. Boil and strain through a coarse sieve. Add one-half tablespoon of powdered cloves, one tablespoon of powdered allspice and one-sixth tablespoon of cayenne. Boil down to ten quarts. Bottle while hot, and pour over a teaspoonful of melted paraffine before corking, to keep mould from forming.

Graham Crackers—Get the unsweetened graham crackers; toast carefully or they will become too brown. Butter when hot and crisp.

Salad of Cottage Cheese—Pare two fresh, crisp cucumbers; cut in four pieces the long way, avoiding part of the seeds; then cut in blocks half an inch thick. Mold the cottage cheese into round balls size of walnut; put on lettuce leaves on platter. Between the cheese balls sprinkle about the cucumber blocks. Serve over this a French dressing—two tablespoons salad oil to one of vinegar, half teaspoon salt. A few English walnuts, slightly minced, are also an addition to this dainty relish.

Apple Fritters—Make a batter of one pint of milk, two eggs, quarter teaspoon of salt, teaspoon baking powder, one pint flour. Beat eggs separately, add yolks to the soft batter; add the whites last thing. Cut tart, juicy apples into thin slices until you have a pint. Stir into the batter, lightly, drop by the large tablespoonful into boiling hot lard; cook a light brown, dust with powdered sugar and serve hot or cold.

Clear Broth, with Vermicelli—Use two pounds of veal, slice of lean ham, tablespoonful of fine lump tapioca, one minced onion, heaping teaspoonful salt, half teaspoonful pepper. Allow this to simmer for two and a half hours. Strain, return to pot, break up a cupful of vermicelli, add, and boil twenty minutes. Throw a spoonful of minced parsley into tureen just before serving.

Corned Leg of Mutton—Choose a large leg of fine mutton, and have it nicely corned by your butcher. This will require about ten days or two weeks. Treat as if it were corned beef, boil potatoes in the pot with the mutton. There will be enough cold meat to slice for two days' luncheon.

Cucumber Catchup—This makes a delicious relish for the corned mutton. Grate twelve cucumbers (not too ripe) and allow to drain in a colander. Mince three large onions very fine; mix with a teaspoonful of horseradish and same of white mustard seed. Pour over enough real cider vinegar to make quite juicy. Do not cook. This will keep perfectly for some time in a cool place.

Baked Cauliflower, with Cheese—Boil the cauliflower unbroken until quite tender. Drain, put in a baking dish, smooth a tablespoonful of flour into a cup of milk; pour about the cauliflower slightly separated. Scatter breadcrumbs on top with salt and pepper; grate over mild, fresh cheese quite thickly, put in oven long enough to thoroughly melt the cheese and boil the milk. If oven is hot—about twenty minutes.

Stewed Apricots—Get the dried California apricots; boil until tender in enough water to quite cover them. Remove the fruit. To a quart of juice use a full cup of sugar; boil briskly ten or twelve minutes; pour over fruit. Serve cold.

Sunshine Cake—Three eggs beaten separately, one cup of sugar, one-third cup butter, two-thirds cup of milk, two cups of flour, one teaspoon baking powder. Beat thoroughly together, adding white of eggs last thing. Can be baked in a loaf or will make two full layer cakes. Cora McIntire.

No. 33 Buena Terrace, Chicago.

FRIDAY, OCTOBER THE TWENTY-NINTH.

BREAKFAST.

Oranges.
Farina meat balls. Potato croquettes.
Coffee. Hot rolls.

LUNCHEON.

Creamed oysters. Baked potatoes.
Molasses cookies. Tea.

DINNER.

Bisque soup. Baked crackers.
Boiled bass—drawn butter sauce. Parsleyed potatoes.
Asparagus salad.
Filled date compote. Tea.

Farina Meat Balls—One pound and a half finely ground meat. Season with salt, cayenne pepper, one-half onion chopped fine, some fine chopped parsley, add one well-beaten egg and one-half teacup of farina, and make into round balls. Stew until meat is done in salted water. Take out balls and add to water in which they have been cooked one-half cup canned tomatoes, a sprinkle of cayenne pepper and a tablespoon of flour which has been smoothly creamed in a little cold milk. Pour over the balls and serve very hot. The meat balls may be prepared the previous day.

Molasses Cookies—One cup New Orleans molasses, one-half cup butter, one egg, two tablespoons sugar, one-half cup sour milk in which one even teaspoon baking soda has been dissolved, a little cinnamon and a pinch of ground cloves. Enough flour to roll; about one quart is generally sufficient. These are very excellent cookies and generally favored by the children.

Parsleyed Potatoes—Boil potatoes whole (or halved when

very large) in salt water. When done pour off water and shake until thoroughly dried and floury. Fry in hot butter until a delicate light brown, one minced onion; pour over potatoes; add some fresh parsley, chopped fine, just before they are served.

Filled Date Compote—Take out seeds from one-half pound of dates and fill with some finely chopped almonds or English walnuts; press together and roll in powdered sugar; lay aside. Next make a baked custard as follows: Yolks of three eggs well beaten with two tablespoonfuls granulated sugar, one pint sweet milk, two tablespoonfuls cornstarch which has been rubbed smooth with one tablespoonful fresh butter; grate in a little nutmeg; bake in a well-buttered pudding dish until light brown. Take from oven, put dates on top and cover with the whites of three eggs, beaten until very stiff, to which have been added four tablespoonfuls of powdered sugar and a little vanilla. Place in oven until light brown. Serve cold. Mrs. Elizabeth Levey.

No. 722 Sedgwick Street, Chicago.

SATURDAY, OCTOBER THE THIRTIETH.

BREAKFAST.

Grapes.
Quaker oats blanc mange.
Breaded sausages. Corn muffins.
Coffee.

LUNCHEON.

Bread and butter.
Baked mushrooms. Parsnip fritters.
Honey cake. Cocoa.

DINNER.

Stuffed braised beef, with brown sauce.
Baked squash. Macaroni.
Sweet potato salad, French dressing.
Harvard pudding. Apple and hard sauce.

Quaker Oats—Bring one quart sweet milk to a boil, add saltspoon salt and stir in one cupful quaker oats; cook thirty minutes. Just before removing from the fire stir in two eggs, very well beaten. Serve either hot or cold, with cream or sugar.

Breaded Sausages—Wipe the sausages dry. Dip them in beaten egg and bread crumbs. Put them in the frying basket and plunge into boiling fat. Cook ten minutes. Serve with a garnish of toasted bread and parsley.

Baked Mushrooms—Toast for each person a large slice of bread, and spread over with rich, sweet cream; lay on each slice, head downward, a mushroom, or, if small, more than one; season each with a pinch of salt and a dash of pepper, and fill each with as much cream as it will hold. Place over each a custard cup, pressing well down to the toast; set in a moderate oven and cook fifteen minutes. Do not remove the cups for five minutes after they come from the oven, as thereby the flavor of the mushroom is preserved in its entirety.

Braised Beef—Take a slice from the top of the round, weighing about three pounds, and cut one and one-half inches thick. Season it with a teaspoonful of salt and a quarter teaspoonful of pepper; cut gashes in the top or upper side and fill with stuffing. Roll the meat up and skewer it; dredge with flour and brown it in a frying-pan in some salt pork fat. Put it into the braising-pan, with one-third of a cup of carrots cut into dice, three slices of onion and a small bit of bay leaf. Pour on three cupfuls of boiling water and simmer three hours.

Stuffing—One-third of a cup of rolled cracker crumbs, to which has been added a scant tablespoonful butter, a saltspoonful salt, a speck of pepper and one-half teaspoonful of thyme, summer savory or sweet marjoram, or such mixed seasoning as is liked. Moisten the whole with four tablespoonfuls of hot milk or water.

Sauce—Brown two tablespoonfuls of butter, adding two rounding tablespoonfuls of flour, and stir until the whole becomes brown. Pour on to this slowly the liquor in the meat pan, which should be about one pint.

Sweet Potato Salad—Boil three large sweet potatoes. Cut into half-inch squares. Cut into very small pieces two stalks of celery. Season with salt and pepper and pour over a French dressing as follows: Three tablespoonfuls salad oil, two of vinegar, one teaspoonful onion juice, one saltspoon each salt and pepper. Let salad stand in refrigerator two hours. Garnish with pickles, pitted olives and parsley.

Harvard Pudding—Sift together two and one-third cups of flour, one-half cup of fine granulated sugar, two teaspoonfuls of baking powder and one-quarter of a teaspoonful of salt. Work into this with the tips of the fingers one-third of a cupful of butter. Beat one egg light, add a cupful of milk and turn onto the dry ingredients. Pour the mixture into a buttered mold and steam two hours. Do not allow the water to stop boiling for an instant.

Sauce—Serve this pudding with a simple apple sauce and a hard sauce. For the latter cream one-third of a cup of butter, adding slowly one cup of powdered sugar, one teaspoonful of lemon juice and three-quarters of a teaspoonful of vanilla. This combination is a pleasant change from either flavor alone.

Mrs. C. J. Sunde.

No. 328 South Western Avenue, Chicago.

SUNDAY, OCTOBER THE THIRTY-FIRST.

BREAKFAST.

Soft boiled eggs.
Crisp bacon.
Hot corn cake. Honey.
Coffee.

LUNCHEON.

Spiced currants.
Cold sliced tongue. Sweet potato balls.
Molasses cookies.
Tea.

DINNER.

Ragout of mutton.
Steamed Irish potatoes.
Fried green tomatoes.
Cocoanut pie. Grapes.
Coffee.

Ragout of Mutton—Three pounds of mutton without bone; cut in strips three inches long by one inch wide; two lamb sweetbreads, one cup of gravy made from bones, skin, etc.—"trimmings" of the meat—two eggs, one-quarter of a pound of salt pork, one fried onion, one cup of green peas (the canned will answer the purpose), pepper, salt and a tablespoonful of mixed parsley; dripping for frying browned flour. Fry the onion in plenty of dripping, then the meat for five minutes; parboil the sweetbreads, throw into cold water to blanch, wipe and slice, then fry also in the fat. Lay sliced pork in the bottom of a saucepan; upon this the mutton, then the sweetbreads, next the onion, green peas, then pepper, salt and parsley; cover with gravy, put on a close lid; stew gently for one hour after the boil sets in. Take up the meat and sweetbreads, thicken gravy with browned flour, pour it on two beaten eggs, stir one minute over the fire and pour upon the meat and serve.

Fried Green Tomatoes—Cut six large, green tomatoes into slices about an eighth of an inch thick. Beat the yolk of an egg with a tablespoonful of cold water. Sprinkle over the tomatoes some salt and pepper, dip them in the egg and then in fine bread crumbs. Fry in butter, brown thoroughly on both sides, and serve with a gravy made as follows: Rub together one tablespoonful of flour with two tablespoonfuls of butter, and when well creamed, brown in the pan; add a half pint of boiling milk, stirring constantly until it begins to thicken; then add a saltspoonful of salt and pour over the tomatoes.

Cocoanut Pie—For a pie put a cup of grated cocoanut to soak over night if it is desiccated (if fresh it need not soak), place in a coffee cup and fill with milk. When ready to bake take two tablespoonfuls of flour, mix it with a cup of milk or water, place on the stove in a tin pail placed in a kettle of boiling water, stir until it thickens; add a tablespoonful of butter while warm, when cool add a pinch of salt, the yolks of two eggs, sugar to taste; add the cocoanut, beating all together, fill the crust and bake. When done beat the whites of two eggs with three tablespoonfuls of powdered sugar, spread on top, return to the oven and brown slightly. Nannie K. Van Keuren.

No. 412 South Boulevard, Oak Park, Ill.

MONDAY, NOVEMBER THE FIRST.

BREAKFAST.

Rice.
Ham. Eggs with milk. Baked potatoes.
Yorkshire breakfast cake (genuine "turn cake").
Coffee.

LUNCHEON.

Ham salad.
Hot Boston brown bread.
English breakfast tea. Apple preserves.

DINNER.

Bean soup.
Squirrel pie. Mashed potatoes.
Baked tomatoes.
Celery. Coffee.

Rice—One cup of rice, one teaspoonful of salt, one tablespoonful butter, one quart of boiling water. Cook twenty minutes. Serve with cream and sugar.

Eggs with Milk—One pint of milk, one tablespoonful butter, one-half teaspoonful salt, pinch of white pepper. Let milk come to a boil, then stir in four well-beaten eggs; stir very gently three minutes. Much better than any omelet.

Yorkshire Cake—Three cups flour, three teaspoonfuls baking powder, one heaping teaspoonful of butter, one cup of milk. Roll out about an inch thick and spread on hot griddle. Cover with a basin and turn in ten minutes. Cover again and bake ten minutes more. A delicious breakfast cake—as every Yorkshireman will attest.

Apple Preserve—Six large apples, peeled, quartered and each

quarter cut a second time; one pint of boiling water, two-thirds of a cup of sugar; drop apples in this sirup and cook until tender; nutmeg, cinnamon and lemon peel may be added.

Ham Salad—One cup of cold ham chopped (from which all fat has been cut away), one cup of sliced cucumber pickles, three hard-boiled eggs. Arrange ham and cucumbers in layers, saving sliced eggs for top; pour cream dressing over; garnish with olives (looks well with only the eggs for garnish), and is sure to be liked by the masculine part of the family.

Cream Dressing—One tablespoonful butter, one of mustard, one of sugar (may be omitted), one teaspoonful flour, a little red pepper, yolk of one egg, one cup vinegar. Heat vinegar and butter together; when boiling stir in other ingredients that have been previously well mixed. Cook three minutes. A nice dressing and will keep bottled for several days.

Bean Soup—One pint of beans that have been soaked in cold water over night, two quarts cold water, small slice of ham, one small onion stuck with cloves, one heaping teaspoonful of salt, one saltspoon of pepper and one of mustard, pinch of cayenne. Boil slowly all day. As water boils away more should be added to keep quantity the same. When done strain through colander, return to kettle, bring to a boil, pour into hot tureen and serve at once. Mrs. J. A. Herron.

No. 305 North Walnut Street, Creston, Iowa.

TUESDAY, NOVEMBER THE SECOND.

BREAKFAST.

Concord grapes.
Steamed hominy, sugar and cream.
Breaded sausage. Toasted muffins.
Coffee.

LUNCHEON.

Blanquette of veal.
Waldorf salad (Miss Colling's recipe).
Cream toast. Tea.

DINNER.

Milk soup.
Baked beef heart (English).
Riced potatoes. Stewed celery.
Cheese fritters.
Boston cream pie. Black coffee.

Breaded Sausage—Wipe dry one pound of "little pig" sausage. Brown a cup of bread crumbs in the oven and beat one egg with a teaspoonful of cold water. Dip the sausages in the egg and then in the bread crumbs; place them in a frying-basket and plunge it into boiling fat; cook for ten minutes and serve with a garnish of toasted bread points.

Toasted Muffins—The muffins are supposed to be at least twenty-four hours old; and to toast them in the English fashion they must be broken all around the edge as if one intended to split them, then toasted on both sides until the crust will crack under the thumb nail. Tear them open quickly, put a bountiful supply of small pieces of butter on the inside of each half, close it and place in the oven while the remainder are being toasted.

Blanquette of Veal—Melt three level tablespoonfuls of butter; add two level tablespoonfuls of flour, and stir in gradually one cup of milk; add one and a half cups of cold veal cut in dice, the yolks of two hard-boiled eggs chopped fine, and the whites cut in small pieces. Cook for three minutes. Season with one-fourth of a teaspoonful of salt, one-fourth of a saltspoonful of white pepper and a few grains of cayenne, and serve at once.

Waldorf Salad (Miss Colling's recipe)—A half-pint of sour, crisp apples, sliced and then cut in small squares, and an equal quantity of crisp celery cut in half-inch pieces. Sprinkle with a half-teaspoonful of salt and pour over it a half-pint of mayonnaise dressing, mixing thoroughly with a silver fork. Make a mound of the salad in the center of a pretty china tray, garnish with the celery tops and serve.

Milk Soup—Mash through the colander two good-sized boiled potatoes. Cut one medium-sized onion in slices, place the slices on top of each other and cut in strips. Add the potato and onion —together with a half-dozen whole allspice and two tablespoonfuls of tapioca—to three pints of cold water and cook until the onion is tender. Then add one pint of boiling milk, one rounded tablespoonful of butter, a level teaspoonful of salt and half a saltspoonful of white pepper. Let it boil up once and serve with salted wafers.

The ordinary soup plate, properly filled for serving, holds a half-pint, so that three pints of soup would be sufficient quantity for five; but three pints of water are used in order to allow for the "boiling away" that always occurs.

Baked Beef Heart—See that the butcher removes the gristle and the "deaf ears," as the tough, red lobe at the top is called. Then lay the heart in boiling water for half an hour, keeping it just simmering. When thus parboiled, dry it well and fill the three holes with a stuffing made with two tablespoonfuls of beef suet, chopped fine, one cup of bread crumbs, one tablespoonful of chopped parsley, the juice of half a lemon, half a teaspoonful of salt and one-fourth of a saltspoonful of pepper. Fill the heart full of the stuffing, but do nót press it in tight. Skewer over the top three thin slices of fat salt pork, dredge it with flour, and bake it one hour and a half in a good oven. If you have it, make a half-

glassful of red currant jelly very hot and serve with the heart as sauce. The platter and plates must be very hot, and the heart covered as it goes to table. The next day, should any of the heart remain, it can be warmed over by cutting it into slices and gently stewing it in a rich gravy. It is thought by some to be nicer than venison prepared in this way.

Cheese Fritters—Rub together three ounces of flour and one ounce of butter. Add a half-teaspoonful of salt and a dash of cayenne; then stir in by degrees a half-cup of tepid water; then three ounces of grated cheese is added with the yolk of an egg, and, lastly, the white of the egg beaten very stiff. Drop the mixture by spoonfuls into a kettle of boiling cotosuet and cook three minutes. The result should be delicious, golden-brown balls as big as one's fist, permeated with the flavor of cheese.

Mrs. Charles L. West.

No. 1151 Jackson Boulevard, Chicago.

WEDNESDAY, NOVEMBER THE THIRD.

BREAKFAST.

fruits.
Hominy grits with cream.
Brown buttered eggs. Whole wheat puffs.
Coffee.

LUNCHEON.

Walled chicken. Lettuce sandwiches.
Fruit gingerbread.
Tea.

DINNER.

Shoulder of lamb à la Parisienne.
Baked sweet potatoes. Celery.
French peas. Rolls.
Orange pudding.
Coffee.

Brown Buttered Eggs—In a small stew-pan put two tablespoonfuls of butter, and let it cook until very dark—almost black. Then drop in quickly two tablespoonfuls of tarragon vinegar, and let it cook for a moment longer; add one teaspoonful of chopped parsley, and set where it will keep warm. In a small buttered baking dish drop four eggs, sprinkle with a saltspoonful of salt, and set in the oven to bake. When the whites are set remove from the oven, pour the sauce over the top and serve.

Whole Wheat Puffs—Put the yolk of an egg into a basin, and beat the white in a separate dish to a stiff froth. Add to the yolk

one-half a cup of rather thin cream and one cupful of skim milk, and a half-saltspoonful of salt. Beat the egg, cream and milk together until perfectly mingled and foaming with air-bubbles; then add gradually, beating well at the same time, one pint of wheat flour; continue the beating vigorously and without interruption for eight or ten minutes. Then stir in lightly the white of the egg, and turn at once into heated, shallow irons, and bake for half an hour in moderately quick oven.

Sweet Gingerbread—One cupful of granulated sugar, one-third of a cupful of butter, two and one-half cupfuls of flour, one cupful of New Orleans molasses, one teaspoonful of ginger, one-half teaspoonful of cloves, one teaspoonful of cinnamon. Stir thoroughly and add one cupful of boiling water in which has been dissolved one level teaspoonful of soda. Then add two eggs, well beaten, and one-half cupful each of seeded raisins and orange peel chopped fine. Bake in a moderate oven.

Shoulder of Lamb, à la Parisienne—Have the butcher bone the meat neatly. Prepare a stuffing of four ounces of bread crumbs, two ounces of raw veal, chopped fine, two tablespoonfuls of butter melted, one tablespoonful of chopped parsley, one teaspoonful of salt and one-quarter of a teaspoonful of pepper. Mix all together and stuff the meat with it. Roast in a quick oven. Into two tablespoonfuls of softened (not melted) butter mix one tablespoonful each of chopped parsley shallots, lemon juice and beef extract. Draw the meat when done from the oven, spread it with the prepared sauce and return it to the oven just long enough to melt it. Garnish with small, round, fried potatoes.

Orange Pudding—To one quart of milk add one-half of a cupful of sugar, two tablespoonfuls of cornstarch, mixed with a little cold water, the yolks of three eggs. Grate the rind and press out the juice of three oranges. Scald the milk, add the cornstarch, then the sugar and eggs. Boil for three minutes. Beat the whites to a stiff froth, add four tablespoonfuls of sugar; spread over the pudding and brown slightly in the oven.

Chippewa Falls, Wis. Mrs. E. W. Condit.

THURSDAY, NOVEMBER THE FOURTH.

BREAKFAST.

Boiled sweet apples.
Crisped bacon. Potatoes in cream sauce.
Corn cakes.
Coffee.

LUNCHEON.

Potted ham.
Hot biscuit. Honey.
Tea.

DINNER.

Sago soup.
Chicken, with mushrooms.
Potato croquettes.
Dates in cream.
Coffee.

Boiled Sweet Apples—Wash one dozen sweet apples; put in a porcelain saucepan, with one cup of sugar and hot water enough to half cover. Cook until the apples may be pierced with a fork, which will be about one-half hour. Take out the apples, pour the sirup over them. Eat cold. Enough for two meals.

Corn Batter Cakes—One and one-half cups white cornmeal, sifted with a teaspoonful of sugar and a half teaspoonful of salt. Add one cup of boiled rice and a teaspoonful of lard. Mix all together and scald with two cups boiling water, stirring constantly. Thin with one and one-half cups sour milk, one-half teaspoonful soda dissolved in milk; last stir one beaten egg and bake on hot greased griddle.

Potted Ham—The scraps from a boiled ham may be utilized for a small jar of potted meat. Chop all the scraps very fine, removing all the gristle and hard, dry pieces. Pound it to a paste in a mortar, or a wooden chopping bowl, and a potato masher may be used. Measure the paste, and to every half-pint add a half-teaspoonful of mustard and half a saltspoon of cayenne. If dry, add a teaspoonful of melted butter. Pack tightly into small earthen cups. Paste papers over them, lay covers over the papers and set the cups in a pan of boiling water. Bake slowly one hour. Remove the covers, and, if it is to be kept a length of time, pour melted fat over the top of meat. Eat cold, sliced very thin.

Chicken, with Mushrooms—Have ready one pound of cold cooked chicken, cut in dice, and one-half pint of mushrooms, cut in small pieces. Cover mushrooms with hot water and cook five minutes. Skim out into a hot dish. Add enough milk to the liquid to make a coffeecupful. Thicken with a tablespoonful of flour rubbed smooth in the same quantity of butter. Season with a saltspoonful of salt and half as much white pepper. Add the chicken and mushrooms and cook two minutes longer, stirring constantly. Serve on hot platter.

Dates in Cream—Remove the stones from one-half pound of dates. Cut the dates fine and put them in a glass dish. Cover with two cupfuls of whipped cream and let stand in a cold place one-half hour before serving. Mrs. Carrie Lawton.

Box 268, Delavan, Wis.

FRIDAY, NOVEMBER THE FIFTH.

BREAKFAST.

Boiled oats, sugar and cream.
Beefsteak fried with onions.
Beaten biscuit.
Coffee.

LUNCHEON.

Cold tongue sliced. Cheese crackers.
Ginger cakes. Cider.

DINNER.

Peanut soup.
Baked whitefish. Mashed potatoes.
Stewed mushrooms.
Southern corndodgers.
Cornstarch pudding.
Coffee.

Southern Corndodgers—Mix into a pint of white cornmeal a teaspoonful of salt, a tablespoonful of lard, and enough water to make a stiff batter of it. Make into small pones and bake in the oven until light brown. Elizabeth Bacon.
No. 5 Madison Street, Memphis, Tenn.

SATURDAY, NOVEMBER THE SIXTH.

BREAKFAST.

White grapes.
Granose with sugar and cream.
Liver and bacon. Hominy griddle cakes.
Coffee.

LUNCHEON.

Cold meat and tomato pie.
Potato split biscuit.
Baked apples with hot sauce.
Cocoa.

DINNER.

Mushroom soup.
Panned rabbit with currant jelly.
Creamed potatoes. Browned parsnips.
Turnip salad.
Lemon pudding. Coffee.

DINNER.

Sago soup.
Chicken, with mushrooms.
Potato croquettes.
Dates in cream.
Coffee.

Boiled Sweet Apples—Wash one dozen sweet apples; put in a porcelain saucepan, with one cup of sugar and hot water enough to half cover. Cook until the apples may be pierced with a fork, which will be about one-half hour. Take out the apples, pour the sirup over them. Eat cold. Enough for two meals.

Corn Batter Cakes—One and one-half cups white cornmeal, sifted with a teaspoonful of sugar and a half teaspoonful of salt. Add one cup of boiled rice and a teaspoonful of lard. Mix all together and scald with two cups boiling water, stirring constantly. Thin with one and one-half cups sour milk, one-half teaspoonful soda dissolved in milk; last stir one beaten egg and bake on hot greased griddle.

Potted Ham—The scraps from a boiled ham may be utilized for a small jar of potted meat. Chop all the scraps very fine, removing all the gristle and hard, dry pieces. Pound it to a paste in a mortar, or a wooden chopping bowl, and a potato masher may be used. Measure the paste, and to every half-pint add a half-teaspoonful of mustard and half a saltspoon of cayenne. If dry, add a teaspoonful of melted butter. Pack tightly into small earthen cups. Paste papers over them, lay covers over the papers and set the cups in a pan of boiling water. Bake slowly one hour. Remove the covers, and, if it is to be kept a length of time, pour melted fat over the top of meat. Eat cold, sliced very thin.

Chicken, with Mushrooms—Have ready one pound of cold cooked chicken, cut in dice, and one-half pint of mushrooms, cut in small pieces. Cover mushrooms with hot water and cook five minutes. Skim out into a hot dish. Add enough milk to the liquid to make a coffeecupful. Thicken with a tablespoonful of flour rubbed smooth in the same quantity of butter. Season with a saltspoonful of salt and half as much white pepper. Add the chicken and mushrooms and cook two minutes longer, stirring constantly. Serve on hot platter.

Dates in Cream—Remove the stones from one-half pound of dates. Cut the dates fine and put them in a glass dish. Cover with two cupfuls of whipped cream and let stand in a cold place one-half hour before serving. Mrs. Carrie Lawton.

Box 268, Delavan, Wis.

FRIDAY, NOVEMBER THE FIFTH.

BREAKFAST.

Boiled oats, sugar and cream.
Beefsteak fried with onions.
Beaten biscuit.
Coffee.

LUNCHEON.

Cold tongue sliced. Cheese crackers.
Ginger cakes. Cider.

DINNER.

Peanut soup.
Baked whitefish. Mashed potatoes.
Stewed mushrooms.
Southern corndodgers.
Cornstarch pudding.
Coffee.

Southern Corndodgers—Mix into a pint of white cornmeal a teaspoonful of salt, a tablespoonful of lard, and enough water to make a stiff batter of it. Make into small pones and bake in the oven until light brown. Elizabeth Bacon.

No. 5 Madison Street, Memphis, Tenn.

SATURDAY, NOVEMBER THE SIXTH.

BREAKFAST.

White grapes.
Granose with sugar and cream.
Liver and bacon. Hominy griddle cakes.
Coffee.

LUNCHEON.

Cold meat and tomato pie.
Potato split biscuit.
Baked apples with hot sauce.
Cocoa.

DINNER.

Mushroom soup.
Panned rabbit with currant jelly.
Creamed potatoes. Browned parsnips.
Turnip salad.
Lemon pudding. Coffee.

Hominy Griddle Cakes—One cup of left-over hominy porridge, warmed, two cups of flour, one egg, two cups of milk, one cup of water, two teaspoonfuls of baking powder, half a teaspoonful of salt. Fry on a greased griddle.

Potato Split Biscuit—Boil two large Irish potatoes; while hot mash well. Stir into the hot potatoes a tablespoonful each of butter and lard, one level teaspoonful of salt, and when cool enough not to cook them, two well-beaten eggs; to this add a teacupful of milk, in which has been dissolved one-half cake of compressed yeast and a tablespoonful of sugar. Stir in a quart of sifted flour; cover, and leave in a warm place to rise. This should be mixed in the morning. One hour before luncheon turn out on a biscuit board and with just enough flour to handle roll out and cut with a biscuit cutter; place them one on top of another (like a sandwich) in a baking-pan; let them rise and bake in a quick oven.

Baked Apples with Hot Sauce—In baking apples for hot sauce, simply remove the cores; stand the apples in a baking dish; put a teaspoonful of sugar into the spaces from which the cores were taken; add a half cup of water and bake until soft. Beat one tablespoonful of butter and four of powdered sugar together until light. Dish the apples and turn the hot sauce from baking dish into the butter and sugar; then add a cup of boiling water. Stir carefully over the fire for just an instant; add a teaspoonful of vanilla, and pour over the apples.

Mushroom Soup—Pick and peel three-quarters of a pint of mushrooms; wash them thoroughly, and cut them up into dice. Stew them in half a pint of seasoned veal or chicken broth. Add to this one quart of good seasoned soup stock; thicken with one tablespoonful of flour, rubbed into one tablespoonful of butter; season with one saltspoonful of salt and one-half as much pepper.

Panned Rabbit—Cut a large, fat rabbit in halves; place in a baking pan; spread with bits of butter; dust with a half teaspoonful of salt and one saltspoonful of pepper, and set in a quick oven to bake for one hour. When done, take up; add a tablespoonful of flour to the fat in the pan; mix well; pour in half a pint of hot water; let come to a boil; season with one-half teaspoonful salt and one-fourth saltspoonful pepper and pour around the rabbit. Serve with currant jelly.

Turnip Salad—Peel and slice very thin four tender young turnips; cut up two small, white onions. Line a salad-bowl with lettuce leaves; put in the turnips and onions; pour on them a pint of plain salad dressing. Mix lightly and serve very cold.

Lemon Pudding—Put a quarter of a pound of macaroons in a pint of milk to soak until soft. Beat four eggs with half a cupful of powdered sugar until light, and stir into the milk. Beat the whole until thick and smooth; add the juice and grated rind of two lemons. Pour into a well-buttered pudding mold; cover, and stand in a pot of boiling water to boil for one hour. Serve with lemon sauce.

Lemon Sauce—Put a tablespoonful of cornstarch into a bowl,

with a tablespoonful of butter and half a cupful of sugar. Beat well; pour over a large cupful of boiling water, and stir over the fire until thick. Take up; add the juice and grated rind of one lemon. Mrs. Lucy J. McChesney.
Charleston, Kanawha, W. Va.

SUNDAY, NOVEMBER THE SEVENTH.

BREAKFAST.

Baked quinces.
Steamed eggs. Waffles.
Coffee.

LUNCHEON.

Princess potatoes. Oyster macaroni.
Sea-foam sandwiches.
Blackberry-jam cake. Tea.

DINNER.

Roast duck, with baked apples.
Mashed potatoes. Celery.
Lima beans. French puff pudding.
Coffee.

Steamed Eggs—Butter five patty pans and break an egg in each one. Place in a steamer and set over a kettle of boiling water; steam till the whites are cooked. Take out on a hot platter, sprinkle over with one small half-teaspoonful of salt and one-eighth teaspoonful of pepper, and pour over all a tablespoonful of melted butter.

Oyster Macaroni—Break enough macaroni into inch pieces to fill a pint cup. Put in a saucepan and cover with boiling water. Keep at the boiling point till tender (twenty or thirty minutes). Have ready one pint of oysters, a teaspoonful of salt, a saltspoonful of pepper and half a cupful of cream. Drain the macaroni, and put a layer in buttered baking dish, sprinkle over a little of the salt and pepper, little dots of butter and a little cream; then a layer of the oysters, and another of the macaroni, with more of the seasoning. Sprinkle cracker crumbs over the top, add little bits of butter and a little more cream or rich milk, if necessary. Put a cover over the dish and bake till nearly done; then remove cover and continue baking till a delicate brown.

Sea-Foam Sandwiches—Spread crisp sea-foam wafers with butter and a sprinkling of grated cheese and very finely chopped

celery or olives. Place two together and keep in a cool place till ready to serve.

Blackberry-Jam Cake—Rub to a cream one-half of a cupful of butter, gradually add one cupful of sugar, the yolks of three eggs and the whites of two (reserve the other white for frosting), one-half a cupful of sour milk or thin cream, one-quarter teaspoonful of soda, one level teaspoonful each of cinnamon and allspice, two scant cupfuls of sifted flour and one cupful of thick blackberry jam or preserves.

Roast Duck with Baked Apples—Take a young duck that weighs about four pounds; singe and wash quickly; wipe dry, and rub both the inside and outside of the fowl with the juice of half a lemon (reserve the other half for the pudding sauce); then fill with a dressing made of three cupfuls of light but stale bread crumbs, one large cookingspoonful of softened butter, one small onion minced fine, one large sour apple cut in rather thick slices, one teaspoonful of salt and one-fourth teaspoonful of pepper; mix all, place in the fowl, sew up and bake in a hot oven till tender, basting often. (Two or three very thin slices of bacon laid on any fowl when put in the roasting pan improves the flavor and color.) Serve with tart baked apples.

French Puff Pudding—One-third cupful of butter, one small teacupful of sugar, two eggs beaten separately, one teacupful of sweet milk, two teacupfuls of flour, one-half teaspoonful of soda and one slightly heaping teaspoonful of cream tartar. Put the batter in muffin rings or gem pans and bake in a quick oven; take out on a hot platter, and when ready to serve pour over a sauce made of one tablespoonful of flour rubbed smooth with three tablespoonfuls of softened butter. Put in a saucepan, add one cupful of sugar, one and one-half cupfuls of boiling water and the juice and grated rind of half a lemon.

Miss Susan Sawyer.

Matron State School, Coldwater, Mich.

MONDAY, NOVEMBER THE EIGHTH.

BREAKFAST.

Oatmeal with cream.
Fried mushrooms. Buttered toast.
Coffee.

LUNCHEON.

Wheat bread.
Cold sliced meat with East Indian sauce.
California fig cake.
Tea.

DINNER.

Puree of bean soup.
Broiled veal steak. Baked potatoes.
Rice taffle.
Coffee.

Fried Mushrooms—Take large, firm mushrooms; remove the stems and peel. Roll in meal and fry in boiling fat. Sprinkle with salt, and squeeze a little lemon juice over them. Serve immediately.

East Indian Sauce—Chop fine a half-handful of green mint; put into a bowl; add a little lemon juice, and rub into a paste. Take one large, green pepper; chop it fine; put it into another bowl; add a little lemon juice and rub to a paste. Empty the bowl of mint into the bowl of green pepper; mix thoroughly, adding a saltspoonful of salt, one teaspoonful of fine white sugar and more lemon juice, until a thick green liquid is produced. Stir this constantly; pour into a shallow dish and serve. This sauce must be used as soon as made, otherwise its fragrancy and piquancy will be lost. This is an excellent sauce for cold meats, fowl or game.

California Fig Cake—One-half teacupful of butter, one teacupful of sugar, one and a half teacupfuls of flour, three eggs, a teaspoonful of baking powder and a half pound of figs. Open the figs; spread them upon a dish and put in the oven a few moments to soften. Mix the batter and pour half of it into a square pan. Spread the figs over the surface; then add the remainder of the batter. Bake in a moderate oven. Spread a thick layer of boiled icing over the cake.

Broiled Veal Steaks—These are delicious broiled as beefsteak over a hot fire. The steak should be cut about a quarter of an inch thick to cook quickly through, and when taken up on a heated platter should be spread with a little butter and sprinkled with a little salt and pepper. Or, place three pounds of veal steak, cut in the ordinary manner, in a pan with a lump of butter, a teaspoonful of salt and a saltspoonful of pepper sprinkled lightly over it, also a little flour, and bake in a hot oven about half an hour. This is truly delicious.

Rice Taffle—One cup of rice; cooked tender in one quart rich milk; take from stove and add yolks of two eggs, one cup of sugar and a pinch of salt; pare and round out the cores of six good cooking apples; place in a deep pudding dish; put one teaspoonful of jelly in each cavity, with the same quantity of thick, sweet cream. Pour the rice between and around the apples and bake until apples are tender. Beat whites of the eggs with one-half cup of sugar; add a little lemon juice; spread over the top, and return to the oven to brown. To be eaten with cream, if desired. Miss A. Caskey.

Burlington, Wis.

TUESDAY, NOVEMBER THE NINTH.

BREAKFAST.

Granola, cream, sugar.
Frizzled meat. Fried mush.
Rye muffins. Coffee.

LUNCHEON.

Sausage rolls. Baked sweet potatoes.
Soft gingerbread. Cranberry sauce. Tea.

DINNER.

Stewed squirrels. Mashed potatoes.
Celery salad.
Quince soufflé. Coffee.

Frizzled Meat—Take meat that is too tough to boil, put on ice and freeze; then shave in small pieces; have a hot griddle or frying-pan, grease and put on the meat; turn quickly; then salt, pepper and serve with gravy.

Stewed Squirrels—Three fine gray squirrels, skinned and cleaned; joint as you would chickens for fricassee; half-pound of fat salt pork, one onion (if liked) sliced, half-can of corn, half-can of tomatoes, three tablespoonfuls of butter rolled in flour, four sprigs of parsley, enough water to cover squirrels. Put on squirrels, pork (cut up small), onion and parsley in the water and bring to boil. When this has lasted ten minutes, put in corn and stew until squirrels are tender. Then add tomatoes, and twenty minutes later stir in butter and flour. Simmer ten minutes, and serve in a deep dish.

Quince Soufflé—Stew three or four quinces soft, sweeten and pass through a colander. Pour into a glass dish and cover with a custard made of one pint of milk, three egg yolks and two tablespoonfuls of sugar. Whip whites of eggs light with three tablespoonfuls of sugar and heap on top.

Mrs. C. J. Sunde.
No. 328 South Western Avenue, Chicago.

WEDNESDAY, NOVEMBER THE TENTH.

BREAKFAST.

Dates with hot wheatlet and milk.
Baked eggs with gravy toast.
Coffee.

LUNCHEON.

Fish sandwiches. Cold slaw.
Sally Lunn. Tomato figs.
Cocoa.

DINNER.

Purée of chestnuts. Celery.
English mutton chops. Mashed potatoes.
Baked squash. Quince fluff.
Coffee.

Dates with Wheatlet—Wash, stone and chop one cupful of dates. Prepare the wheatlet and just before serving add the dates. Serve hot, with milk.

Baked Eggs—Butter a shallow pudding dish or large plate lightly, and drop into it five or six eggs; season with one-quarter teaspoonful of salt. Pour over them a small cup of good, well-seasoned gravy and bake till the whites are firm—about seven minutes.

Fish Sandwiches—Fish sandwiches may be made from bits of cold fish left over; it only takes a little for a pretty, open sandwich. Put the fish into a bowl, and with the back of a spoon mash or rub it well, add two tablespoonfuls of cream, a sprinkle of salt and pepper; have the bread cut into rounds and spread thickly with the fish; have ready the yolks of two hard-boiled eggs pressed through a sieve; garnish the tops of the sandwiches with the egg and serve. These sandwiches are open—that is, the fish is not between two slices of bread.

Tomato Figs—Scald and skin small-sized, ripe tomatoes, either the red or yellow variety. To eight pounds of tomatoes add three pounds of brown sugar; cook slowly and carefully in the sugar without water till it has thoroughly penetrated them; then take them out, spread on plates and dry them. Pack them in layers in jars or boxes, with sugar sprinkled between.

Purée of Chestnuts—Shell one pint of chestnuts, blanch them, put them into a quart of water, add one root of celery cut into small pieces, a slice of onion and a bay leaf; cook gently until the chestnuts are tender; press through a sieve and add one pint of milk; return this to the fire, add a tablespoonful of arrowroot which has been moistened in a little cold water; stir until it reaches the boiling point, add a teaspoonful of salt, a dash of pepper and a tablespoonful of butter; serve immediately.

English Chops—Purchase thick mutton chops; season carefully and dip into bread crumbs; fry in smoking hot fat, and serve very hot.

Baked Squash—Cut open the squash, take out the seeds and without paring cut it up into large pieces; put the pieces on tins or a dripping pan, place in a moderately hot oven and bake about an hour. When done serve the pieces hot on a dish, season with

butter, pepper and salt. Squash retains its sweetness better this way than when boiled. Small Hubbard squash is the best for baking.

Quince Puff—Pare six good-sized tart apples, cut them into thin slices and put them into a sauce-pan with a quince also cut into thin slices; add a half-cup of water, cover the sauce-pan and cook slowly for a half-hour. Press through a sieve, return to the fire and add the yolks of three eggs beaten with a half-cup of sugar; take from the fire and when somewhat cooled stir in the well-beaten whites of the eggs; turn into a pretty dish and stand away to cool. Mrs. Charles Adams.

No. 25 Union Street, Hornellsville, N. Y.

THURSDAY, NOVEMBER THE ELEVENTH.

BREAKFAST.

Grapes.
Pettijohn's breakfast food. Fried bacon, cream gravy.
Baked potatoes. Bread and butter.
Coffee.

LUNCHEON.

Stewed kidneys.
Sweet potatoes, fried. Spoon corn bread.
Baked pears. Tea or cocoa.

DINNER.

Cream of celery soup.
Stewed beefsteak. Creamed carrots.
Mashed potatoes.
Pain perdu.

Fried Bacon, Cream Gravy—Cut the bacon very thin and fry on both sides until the edges curl up. Remove the bacon, keep it hot, and to the fat in the spider add one tablespoonful of flour and one-half pint of milk. Stir until very smooth and cook five minutes. Pour over bacon.

Coffee—Mix coffee first with one-half egg and then with a little cold water. Let stand about two minutes and pour boiling water over it. When it comes to a boil it is ready for use. The coffee pot should be hot when the coffee is put in and one tablespoonful ground coffee should be allowed to each cup of water.

Milk Bread—One pint milk scalded and cooled, one tablespoonful butter, melted in the hot milk, one tablespoonful sugar, one teaspoonful salt, one-half cup yeast or one-half yeast cake, six or seven cups flour.

Measure the milk after scalding, and put it in the mixing bowl;

add the butter, sugar and salt. When cool, add the yeast, and then stir in the flour, adding it gradually after five cups are in, that it may not be too stiff; use just enough to knead it. Knead till smooth and elastic. Cover; let it rise till light; cut it down; divide into four parts; shape into loaves or biscuit. Let it rise again in the pans. Bake forty or fifty minutes.

For milk bread made with a sponge, use the same quantities, but add only three cups of flour for the first mixing and beat well. Let it rise about three hours; then add from two to three cups of flour, or enough to knead it free from the board; knead one-half hour. Let it rise in the bowl, and again after being shaped into loaves or rolls, and bake as usual.

Bread made up over night with a sponge should have only half the quantity of yeast used that is required when it is made up in the morning.

Bread may be made with half milk, half water, or all water. In the latter case double the amount of butter should be used as given for milk bread; and the water should be warm enough to melt it and the sugar and salt.

Stewed Kidneys—Cut the kidneys into small dice and throw into boiling water and cook one hour; one dozen will be enough for five persons. Lambs' kidneys are used. Put on the fire one-half pint of milk and when it comes to a boil add one heaping teaspoonful of flour and one heaping teaspoonful of butter. Season with salt and pepper and stew the kidneys in this sauce for ten minutes.

Boil the sweet potatoes until soft, cut in slices and fry a golden brown in butter or drippings.

Maryland Spoon Corn Bread—Put one quart of milk on the fire, in a double boiler; when it comes to a boil stir in four large kitchen spoonfuls of cornmeal and cook five minutes—stirring all the time. Remove from the fire and stir once or twice as it cools. When cool add three eggs well beaten with two tablespoonfuls flour, one tablespoonful butter, one scant teaspoonful salt. Pour in a greased dish and bake thirty-five minutes. Serve immediately with napkin around dish.

Celery Soup—Take two large celery roots, cut up fine and boil slowly one hour in one pint of water. Flavor with a little piece of onion; mash and strain through a fine sieve. Beat together one tablespoonful of butter and two of flour; add one quart of milk and boil all together twenty minutes, add one scant teaspoonful of salt, one-fourth teaspoonful of pepper. Serve with one-half pint of whipped cream added at the last minute.

Stewed Beefsteak—Take two pounds of round steak, cut in five pieces, season with one teaspoonful salt and one-half teaspoonful pepper and spread over them two onions chopped fine and one tablespoonful of butter cut up and dredged with flour. Put in a stewpan without water and cover close. Set the pan back where it can only simmer—not boil—and cook two hours. Serve with their own gravy.

Mary Meeker.

No. 350 Dearborn Avenue, Chicago.

FRIDAY, NOVEMBER THE TWELFTH.

BREAKFAST.

Bananas with orange juice.
Veal kidney omelet.
Duchess potatoes.
Sally Lunn gems.
Coffee.

LUNCHEON.

Stewed tongue. Bread and butter.
Quince delight. Luncheon cake. Meringued chocolate.

DINNER.

Consommé with egg.
Broiled white fish.
Mashed potatoes. Baked onions.
Celery. Cheese biscuits.
Apple trifle. Coffee.

Bananas with Orange Juice—Cut the bananas an inch thick, place on dish and sprinkle over them one tablespoonful powdered sugar to four bananas, then add the juice of two oranges. Prepare the night before and set in a cool place.

Duchess Potatoes—Peel six medium-sized potatoes, cut into quarters, cook a light brown in hot fat. Make a batter of one cup of sweet milk, two eggs well beaten, one-half teaspoonful of salt, two cups of flour, one teaspoonful baking powder. Stir in the potatoes and cook each piece same as fritters. Very nice.

Stewed Tongue—Cut cold boiled tongue into thick slices and stew slowly in a rich gravy left from a roast, about three hours.

Quince Delight—Bake ripe quinces thoroughly. When cold remove the skins and place in a dish. Sprinkle with sugar and serve with cream.

Luncheon Cake—One cup of sugar, one cup of sour cream, one egg, two cups of flour, half a teaspoonful soda. Flavor with nutmeg or to taste. Bake about half an hour. Is best warm.

Consommé Soup—Take one soup bone, cut up one carrot, onion and turnip and some celery, two cloves, four whole peppers, one bay leaf, the whites of three eggs and their shells. Mix all together, add one gallon of water. Place on fire, and when it boils give less fire, add one teaspoonful of salt, one-quarter of a fresh red pepper. Simmer slowly three hours, strain through a napkin, and serve with a soft poached egg to each person.

Cheese Biscuits—Two large tablespoonfuls of butter, four large tablespoonfuls of flour, two of grated cheese, a little cayenne and salt. Make into a thin paste and roll out very thin, cut in pieces four inches long and one broad. Bake a light brown and serve hot.

Apple Trifle—Take four cups of apples, pared, cored and sliced, put into a dish with one pound of loaf sugar, the juice of three

lemons and grated rind of one. Boil about two hours, turn into a dish and when cold pour over a plain custard. Serve cold.

Mrs. Marion Wilson.

No. 6407 Lexington Avenue, Chicago.

SATURDAY, NOVEMBER THE THIRTEENTH.

BREAKFAST.

Fruit.
Mushroomed cutlets.
Cream toast. Coffee.

LUNCHEON.

Hot rolls.
Mexican stew. Potato puff.
Columbia cake. Tea.

DINNER.

Pumpkin soup.
Fried rabbits à la Creole.
Mashed potatoes.
New England apple pie.
Coffee.

Mushroomed Cutlets—Cut one and a half pounds of veal cutlets into individual pieces, dust with a teaspoonful of salt and one saltspoonful of pepper; dip first in beaten egg and then in finely chopped mushrooms. Fry in boiling fat until done.

Mexican Stew—A large cupful of cold, cooked and minced chicken. Take half the quantity of uncooked ham cut in very small dice, both fat and lean, and fry for a moment in a tablespoonful of butter, add the chicken, a teaspoonful of minced parsley, a dash of pepper, and when very hot stir in two heaping cupfuls of boiled seasoned rice. Toss all lightly together, and give just a dash of lemon juice.

Columbia Cake—Three eggs, one teacupful sugar, one tablespoonful butter, one and one-half teacupfuls flour, half a teacupful of cold water, one teaspoonful of baking powder and one teacupful of chopped hickory nut meats. Beat the sugar and butter to a cream, add the yolks of the eggs, beat well, add the water, then the flour and baking powder; mix well, add the nut meats and then the well beaten whites of the eggs.

Pumpkin Soup—This is a novelty and delicious. For one quart of soup peel and chop one-half pint bowl full of pumpkin, and a small head of celery. Fry them in a scant tablespoonful of butter, lightly browned over the fire, and then add one quart of boiling water, a half teaspoonful of salt, and a half saltspoonful

of pepper. Boil all together until the ingredients can be mashed through a colander. Return them to the saucepan with the water used in boiling them, and place it over the fire. Rub to a smooth paste in a saucepan over the fire a scant tablespoonful each of butter and flour, stir the paste smoothly into the soup and continue the boiling. Cut a half cupful of half-inch dice of stale bread, fry them brown in smoking hot fat, and drain. After the soup has boiled until it is smooth and creamy, serve in a tureen with the fried bread.

Fried Rabbit à la Creole—Skin, clean and joint two rabbits. Put a tablespoonful of pork drippings into a frying-pan; when hot put in two small onions sliced in rings, and let fry two or three minutes; add three slices of fat bacon, the jointed rabbit, a tablespoonful of minced parsley and a quarter of a pod of red pepper minced. Cut the slices of bacon in two pieces, arrange on a platter, placing the cooked rabbits on the bacon, and strew the cooked onion over the rabbit.

New England Apple Pie—Use a deep pie-plate. Pare Baldwin or Greening apples, core and cut in thin slices. Line your pie-plate with pastry, place a layer of apples over this, and sprinkle with brown sugar. Then another layer of apple, with the sugar, until the pie-plate is well filled and heaped in the middle. Over the top dot bits of butter; shake a pinch of salt over the whole, and a wee dash of red pepper. It will give a rich, pungent seasoning which other spices will not. Wet the edge of the lower crust, sprinkle with flour, put on the upper crust, and press the edges firmly together. Bake a rich brown.

Burlington, Wis. Alice Caskey.

SUNDAY, NOVEMBER THE FOURTEENTH.

BREAKFAST.

Grapes.
Buttered toast.
Cream codfish. Baked potatoes.
Coffee.

LUNCHEON.

Pigs in blankets.
Hot Scotch rolls. Apple omelet.
Tea.

DINNER.

Tomato soup (Miss Collings').
Veal cutlets à la maintenon. Celery.
Potatoes. Baked Hubbard squash.
Quince shortcake.
Black coffee.

Buttered Toast—As some one expresses it, "There is toast and toast, and much of it is neither palatable nor digestible." The object in toasting bread is to extract the moisture, so that the bread becomes pure farina of wheat. But when bread is exposed to a hot fire so that the outside becomes charred, the inside retains its moisture, becoming soggy and indigestible; and butter applied does not penetrate, but floats on the surface as rancid oil. Take bread at least a day old, cut thin and evenly, trimming off edges for the crumb-jar. First warm thoroughly each side of slice, then present first side nearer fire until it slowly takes on a rich, even brown color. Treat the other side in the same way, butter and dust with powdered sugar, if liked, and serve hot.

Baked Potatoes—As an important element of the blood is potash, which is freely soluble in water, potatoes baked are much more wholesome than boiled. They should, however, be served immediately when done, else they become watery; and in trying them never use a fork, as that allows the steam to escape, making the potato heavy; but instead mash lightly between the fingers.

Hot Scotch Rolls—One cup oat flakes scalded with one-half cup boiling milk; add to these, when they are cold one-half teaspoon salt, one-third cup molasses, one level tablespoon butter, and beat for five minutes; thicken with white flour, as for ordinary bread, leaving dough rather soft. Let rise over night, and in the morning mold into small rolls, let rise until quite light, glaze with white of egg and bake in moderate oven. These are excellent and repay the trouble in preparing them.

Apple Omelet—Pare, core and stew four large or six small tart apples. Rub through sieve, beat very smooth while hot, adding one tablespoon butter, eight tablespoons sugar and one-half teaspoon grated nutmeg (if liked). Whip very light yolks and whites, separately, of four eggs, add these to the apples when the latter are perfectly cold, yolks first; then stir in one teaspoon rose water or vanilla; lastly, the whites of eggs, stirring in latter with a few swift strokes. Pour all into a deep pudding dish, previously buttered and heated. Bake in a moderate oven to a delicate brown, and you will find this delicious.

Pigs in Blankets—Slice fine breakfast bacon (smoked preferred) very thin; inclose in each slice one or two large oysters, peppered and salted lightly; roll up carefully in the bacon and fasten with a toothpick. Dip each roll in egg, sprinkle lightly with cornmeal and fry a delicate brown in butter or lard. The bacon must be thin as a knife-blade and must be fried very quickly. When done and still hot, squeeze two or three drops of lemon juice on each roll.

Tomato Soup—One quart of stewed tomatoes or one quart can, one pint of stock, and one small onion, one bay leaf, one stalk of celery and a sprig of parsley, one teaspoonful of sugar, one-quarter teaspoonful of soda, two level teaspoonfuls of butter, four level teaspoonfuls of flour, one teaspoonful of salt and

one saltspoonful of pepper. Put the tomatoes in a saucepan with the onion, bay leaf, parsley and celery; let it stew for about ten minutes. Now press through a sieve fine enough to remove the seeds. Put it into a clean saucepan with the stock, place over the fire and bring to a boiling point. Rub the butter and flour together until smooth, and stir into the boiling soup. Stir constantly until smooth, then add the salt and pepper, sugar and soda, and serve.

Veal Cutlets à la Maintenon—Procure two pounds of cutlets, having them three-fourths of an inch thick. Trim and dip each in beaten egg, then into pounded cracker, which has been seasoned with white pepper, salt and a bit of sweet marjoram. Wrap each cutlet in a half a sheet of letter paper, well buttered; lay them upon a buttered gridiron and broil over a clear, not too hot, fire, turning often. Secure the paper by fringing the ends and twisting fringes after the cutlet has been put in. Have ready duplicate papers in a clean, hot dish, and if the envelopes become soiled and darkened in the broiling transfer to the clean, warm ones, emptying every drop of gravy over the cutlet. Veal cooked in covers is most delicious, as in this way the flavor and juice are retained in meat.

Short Cake—One teacup sugar, two tablespoons butter, two eggs, one cup flour, sifted with a level teaspoon baking powder, three tablespoons milk. Have all cold as possible, and mix very quickly with a broad-bladed knife, having previously melted and cooled the butter and beaten the eggs. Bake in two round jelly-cake tins.

Quince Filling—Choose four small or two large perfect yellow quinces, pare and grate on a coarse grater into a bowl. Make a thick sirup of one and a half cups of granulated sugar, boiled with a little water. When partly cold, stir into it the grated quince. Stir hard for a moment, then spread between the layers of cake, dusting the upper layer with powdered sugar. Serve as soon as possible after grating the quince, cutting as you would a pie, and pouring over each piece whipped cream (well sweetened), or any preferred pudding sauce.

Mrs. C. M. Barnarde.
No. 601 South Main Street, Goshen, Ind.

MONDAY, NOVEMBER THE FIFTEENTH.

BREAKFAST.

Baked apples.
Minced veal on toast. Sweet potato paté.
Muffins. Coffee.

LUNCHEON.

Scalloped potatoes. Coffee cake.
Egg salad. Prune pudding.
Tea.

DINNER.

Noodle soup.
Lamb stew. Mashed potatoes.
Delicate cabbage. Pickles.
Orange shortcake. Coffee.

Sweet Potato Paté—One pint of boiled mashed sweet potatoes, two eggs, two tablespoonfuls of flour and enough sweet milk to make it soft enough to stir well together. Drop in well-greased muffin rings and fry on hot griddle until brown on both sides.

Noodle Soup—Rub into two eggs as much flour as they will absorb, a half teaspoonful of salt and a stalk of celery cut fine. Roll out with rolling-pin as thin as a wafer, dust over a little flour, then roll up tight. Shave slices from the edge of the roll and shake into long strips. Let dry, then put them into the soup lightly and boil ten minutes.

Lamb Stew—Cut the lamb into small pieces and stew gently until partly done. Then add a few slices of salt pork, several onions sliced fine, pepper and salt and two or three raw potatoes, cut up in small pieces. Drop in a few dumplings made like short biscuit. Thicken the gravy with a little flour moistened with milk.

Orange Shortcake—One quart of flour, two teaspoonfuls baking powder, one-half teaspoonful salt, one-half teacupful butter, one-half pint sweet milk. Take half of this and roll half-inch thick, place in dripping pan and spread with butter, then roll the other part and put it on top of first. Bake in hot oven. Peel, seed and slice thin eight oranges and add enough sugar to make very sweet. Place these between the cake as soon as it is taken from the oven. Serve at once. Mrs. Mattie Ralls.

No. 132 Broadway, Council Bluffs, Iowa.

TUESDAY, NOVEMBER THE SIXTEENTH.

BREAKFAST.

Cornmeal mush (fried). Dried beef (fried).
Doughnuts. Stewed prunes.
Coffee.

LUNCHEON.

Cheese toast.
Brown bread and butter. Apple sauce.
Stuffed dates.
Tea.

DINNER.

Corn caramel soup.
Meat pie. Cranberry sauce.
Grated squash (baked). Macaroni.
Nut pudding.
Coffee.

Doughnuts—Half a cupful of butter, one cupful of sugar, one and a half pints of flour, one teaspoon of baking powder sifted in the flour, one egg, one and a half cups of milk, a little nutmeg. Mix all together, making a soft dough; roll out half an inch thick, cut in shapes and fry a light brown in smoking-hot lard. Sprinkle with powdered sugar.

Cheese Toast—Spread thin slices of bread toasted a light brown with butter. Heap grated cheese on the slices of toast, sprinkle on half a teaspoon of mustard, one-fourth of a teaspoon of salt and a speck of cayenne. Put in a hot oven till the cheese begins to melt. Serve at once.

Stuffed Dates—Remove seeds. Replace with blanched almonds. Roll in coarse sugar.

Corn Caramel Soup—To three pints of stock add one-half cup of cornmeal well browned in the oven, and half a cup of canned corn. Bring slowly to boiling point and boil five minutes. Season with salt and pepper, and serve.

Grated Squash—Into a well-buttered baking dish grate Hubbard squash. Dot with bits of butter. Sprinkle with sugar and bake. Serve hot.

Nut Pudding—Two eggs, one-half cup sugar, one tablespoon of butter, one-half cup of water, flour to make a thin batter. Stir well together. Add one teaspoon of baking powder mixed with a little flour. Then stir in half a cup of chopped walnut meats mixed with a teaspoonful of flour. Bake in a buttered dish half an hour. Serve with the following sauce: One cup of sugar, one heaping teaspoon of flour, one teaspoon of butter, a little nutmeg. Add a cup of cold water. Stir together and put on the fire. Stir occasionally until smooth. When done add a teaspoon of vinegar.

Mrs. E. M. Greene.

No. 814 Main Street, Davenport, Iowa.

WEDNESDAY, NOVEMBER THE SEVENTEENTH.

(Some Chinese dishes.)

BREAKFAST.

Grapes.
California breakfast food.
Mushroom omelet. Hot biscuit.
Coffee.

LUNCHEON.

Meat dumplings. Saratoga potatoes.
Thinly sliced bread and butter.
Mixed pickles. Rice eggs.
Tea.

DINNER.

Cantonese chicken and macaroni.
Browned mashed potatoes.
Oyster-plant fritters.
Orange pudding, with hard sauce.
Coffee.

Many dishes as prepared by the Chinese are admirable in every respect. They please the eye as well as the palate, are easily digested and very nutritious.

Mushroom Omelet—Take a dozen large, fresh mushrooms, wash thoroughly, peel carefully, and cut off the stems so as to leave the plates in one flat piece. Mince the stems very fine and add them to three eggs, well beaten. Season with one-half teaspoon salt, one-half saltspoon white pepper and a dash of red pepper, mix all well, pour over the mushroom plates and then transfer each to the frying-pan, in which a tablespoonful of butter has been melted. Each mushroom should be just encircled with the egg and minced stems. Fry to a rich brown. Those who like the mushrooms well done should cover the frying pan and not turn the omelets; cooked in this way, the eggs and mince preserve their color and make a pretty contrast with the creamy hue of the mushroom. Each omelet should be about one inch and a half to two inches in diameter, two morsels. If the mushrooms are too large for this they should be cut in half before cooking.

Meat Dumplings—Either raw or cooked meat, or fish of any kind may be used. The meat should have all bone, gristle and outside skin removed, and be minced. To a cup of this minced meat add a cup of minced celery and one onion also minced; season with one-half teaspoon salt, one-half saltspoon white pepper and a dash of red pepper, and a few drops of Worcester sauce. Make a dough of baking powder as if for biscuit, roll about a quarter of an inch thick, a piece of dough large enough to hold a tablespoonful of the mixture, around which it should be wrapped. Steam about an hour.

Mixed Pickles—Take one peck of green tomatoes, ten onions, ten green peppers; chop all together; add one cup of salt; let stand all night; drain dry; put in a porcelain lined kettle with one pound of brown sugar, one-half teacup grated horseradish, one tablespoonful each ground black pepper, mustard, whole white mustard seed, and celery seed. Cover with vinegar and boil gently one hour.

Rice Eggs—Sweeten one cup of cold boiled salted rice with two tablespoonfuls of sugar, moistening with water until it becomes coherent, then mold a tablespoonful around a preserved pear, or other sweetmeat, into the form of an egg, dip this in a beaten egg, and fry over a hot fire. A Chinese cook will use a different sweetmeat, or a different couple of sweetmeats, in each egg.

Cantonese Chicken and Macaroni—Cook half a pound of vermicelli and thoroughly drain. Pour over it half a cupful of highly seasoned tomato sauce. Shred the white and dark meat of a small, cooked chicken into fibers no larger than a match. Shred four sticks of celery and mince one Bermuda onion; season with salt, white and red pepper, a dash of ginger, cloves and cinnamon, and put all in a well-greased pan. Sauté over a hot fire; during the final heating the various ingredients should be thoroughly mingled; when they are, let the pan remain quiet a minute or so, until the vermicelli touching the metal is moderately brown. Serve plain or with half a cupful of soup stock heated thrown over it.

Oyster-Plant Fritters—Scrape one dozen roots of the oyster plant or salsify and so fast as you do so throw the pieces into cold water to prevent discoloration. When all are done, cut into slices and boil thirty minutes. Drain and mash through a colander; add one tablespoonful of flour, one level teaspoonful of salt, half as much pepper, and two eggs well beaten. Mix, form the mixture into oyster-shaped cakes; fry in very hot lard, on both sides.

Orange Pudding—Soak a quarter of a pound of macaroons in a scant pint of milk; beat four eggs with a small half a cupful of sugar. Mix and beat all until smooth; then add the juice of two oranges and the grated rind of one. Pour in a buttered pudding mold and boil one hour. Serve with hard sauce.

Hard Sauce—Beat to a cream half a cupful of butter, and gradually beat into it one cupful of sugar. Season with any flavoring preferred. When it is smooth and creamy, pile it roughly on a pretty dish, place it where it will get very cold, and before serving grate some nutmeg over it. Mrs. James MacChesney.

No. 207 Capitol Street, Charleston, W. Va.

THURSDAY, NOVEMBER THE EIGHTEENTH.

BREAKFAST.

Eli Pettijohn's breakfast food with cream and sugar.
Fried eggs with bacon.
Corn muffins.
Coffee.

LUNCHEON.

Thin slices of cold boiled ham, mustard catchup.
Potato salad.
Hot baking-powder biscuits, maple sirup.
Cookies. Tea.

DINNER.

Tomato soup; toast squares.
Fried rabbit, garnished with slices of lemon, onion sauce.
Mashed potatoes.
Apple pie, with squares of cheese.
Coffee.

Fried Eggs with Bacon—Cut two thin slices of bacon for each egg to be fried. Fry the bacon over a gentle fire, being careful not to burn; when crisp, place on heated platter. If the bacon is very fat, remove a portion of the grease into a dish; to the remainder add the eggs, one by one. First break up separately in a saucer that you may know their condition. Care must be taken not to break the yolk. Never turn an egg in frying.

Mustard Sauce—Three tablespoons best ground mustard, one teaspoon salt, one rounded teaspoon white sugar, one teaspoon of white pepper, two or a little less of melted butter (salad oil if preferred). Add vinegar enough to mix to a smooth paste.

Fried Rabbit—To dress a rabbit, drive a nail through the head and secure to some solid wall, say that of a shed. Then cut the skin all the way around the neck, make an incision two inches long and downward from the throat and gently pull and work the skin downward. This way is quite easy and removes the coat with all cleanliness. Next wash in several waters and cut in eight pieces. Parboil twenty minutes or longer, if the game is tough; place on dish to drain, have a frying pan ready with drippings (from breakfast), or lard; when these are hot put in the pieces of rabbit, which you have first rolled in beaten egg and bread crumbs and which have been seasoned with a teaspoonful of salt and a saltspoonful of pepper. (This is inexpensive, as the cost of a rabbit is about fifteen cents.)

Onion Sauce—Five white onions, one coffee cup hot milk, lump of butter the size of an egg, one-half teaspoon salt and one-fourth teaspoon pepper. Peel the onions, boil tender, drain and mash fine. Stir the onions in the hot milk, then the melted butter, salt and pepper. Allow to boil up once. Serve very hot. Mrs. Alida W. Sprague.

No. 3225 Pleasant Avenue, Minneapolis, Minn.

FRIDAY, NOVEMBER THE NINETEENTH.

BREAKFAST.

Grapes.
Beef croquettes. Rice muffins.
Coffee.

LUNCHEON.

Cheese sandwiches. Saratoga chips.
Wafers. Banana float.
Tea.

DINNER.

Onion soup.
Halibut steak, baked. Baked potatoes.
Cauliflower with dressing. Celery.
Ambrosia of oranges.
After dinner coffee.

Cheese Sandwiches—After cutting the crust from the bread cut in very thin slices and butter lightly. Brown bread is excellent. Cut in long strips, using a very sharp knife. Put two pieces together with the following filling: Cream cheese or cottage cheese, in which has been chopped olives. These are delicious.

Banana Float—Place in a double boiler one pint of milk, two tablespoonfuls of sugar and the yolks of two eggs; add one teaspoonful cornstarch; stir over the fire until thick; then add a little vanilla flavoring. When custard is cold beat the two whites to a stiff froth, mix with two tablespoonfuls of sugar. Cut three bananas into slices and place in a dish, pour over the custard and put whites of eggs on top in shape of snowballs.

Halibut Steak, Baked—Secure two shapely steaks, wash and thoroughly dry them with a towel. Make a stuffing from a cupful of crumbs, a tablespoonful of butter, a tablespoonful of onion juice, one of chopped parsley, a dash of cayenne, quarter teaspoonful of black pepper, just a grating of nutmeg, half a teaspoonful of salt. Place one steak in the baking pan, lay carefully over it the stuffing, and place above it the other steak. Put small pieces of butter over the top and dust slightly with salt and pepper. Bake until a golden brown, about thirty minutes.

Cauliflower with Dressing—Boil one nice cauliflower for one hour in a graniteware or porcelain-lined kettle. Put on in cold salted water, with the stem up. When done drain and place on a hot platter. Pour over it the following dressing: Rub together

a tablespoonful of butter and flour to a smooth paste, add gradually a cup and a half of cold water. Stir over the fire until quite smooth and thick, seasoning with one-fourth saltspoon pepper and one-fourth teaspoon salt, and just before serving add the well-beaten yolk of an egg mixed with a tablespoonful of water to prevent curdling. Serve hot. Estella Spiller.
Rockton, Ill.

SATURDAY, NOVEMBER THE TWENTIETH.

BREAKFAST.

Fruit.
Hominy grits, with cream and sugar.
Eggs and mushrooms on toast.
Raised doughnuts. Coffee.

LUNCHEON.

Fish fritters. Cucumber sauce.
Buttered hot crackers. Cocoa.
Friars omelet.

DINNER.

Rice soup.
Beefsteak and oyster pie.
Baked sweet potatoes.
Beet root and Spanish onion salad.
Nottingham pudding.
Coffee.

Eggs and Mushrooms—Procure a pound of mushrooms and wash them well in cold water; do not let them soak; peel and put them into a stewing-pan, with two ounces of butter, half a teaspoonful of salt and a dash of white pepper; set them over the fire until thoroughly heated; turn into a shallow baking-dish and break over them six eggs; sprinkle over the top stale bread-crumbs; dot with bits of butter; dust with pepper and salt, and bake five minutes in a hot oven. Eat with buttered toast.

Raised Doughnuts—One cup of butter, one cup of sugar, a teaspoonful of cinnamon and two eggs, all worked into a quart bowlful of bread dough; make as stiff as for biscuit; let it rise an hour or more. When sufficiently raised roll rather thin and cut into square rings or balls; let stand one-half hour and fry in hot lard six or eight minutes.

Cucumber Sauce—Peel and grate sufficient cucumbers to make four tablespoonfuls. To this quantity add an equal quan-

tity of olive oil and one and one-half tablespoonfuls of vinegar, half a teaspoonful of salt and a saltspoon of pepper. Stir well until wanted for use.

Hot Buttered Crackers—Lightly butter a sufficient number of milk crackers, and place in dripping pan, being careful they do not overlap each other; place in hot oven, and watch them carefully until they are crisped and a light-brown.

Rice Soup—In a double boiler simmer an hour a teacupful of rice in a pint of milk and the same of water, to which has been added two tablespoonfuls of chopped onion, one of parsley, half a saltspoonful of pepper and a teaspoonful of salt. Just before serving press through a fine sieve and add a pint of boiling stock and two tablespoonfuls of butter. Serve with croutons.

Beefsteak and Oyster Pie—Procure a pint of oysters and two pounds of round steak, cut an inch thick. Cut it into strips two and one-half inches wide. Mix on a plate two tablespoonfuls of flour, a heaping teaspoonful of mixed herbs, the same of salt and half the amount of pepper. Dip each piece of meat in this; place an oyster on one end and roll up loosely; place in the bottom of a pie dish and pile up well toward the center. Pack the rolls loosely, so the gravy may flow through and help cook them. Add the oyster liquor and enough stock to nearly cover the meat; dot with bits of butter. Cover with a flaky crust and bake an hour and a half in a slow oven. For the crust, add a quarter teaspoonful of salt to a cupful of flour; cut into it a half cupful of cold lard; when dry and powdery like meal mix through with the knife two tablespoonfuls of ice-water, turn out on flour-board and sprinkle thick with flour and lightly roll from you until the requisite size to fit the top of pie.

Beet Root and Onion Salad—Take one large Spanish onion and one beet root and cook both in their skins separately until tender. Let cool and peel; cut in thin slices and pile high in a dish, pouring over them a dressing made as follows: Mix thoroughly two tablespoonfuls of salad oil, one of white wine vinegar, a teaspoonful of chopped parsley, a saltspoonful cayenne and a level teaspoonful of salt.

Nottingham Pudding—Sift together thoroughly two cups of sifted flour, two level teaspoonfuls of baking powder, one saltspoonful of salt, add one and one-half cups of milk, one-half cup of cream and four eggs not beaten, and beat until very light and smooth. Pare and core six apples, put them in a baking dish and if quite tart sprinkle over one cup of sugar. Pour the batter over them and bake one hour. Serve with cream sauce, made as follows: Cream together one-quarter of a cup of butter and one-half cup of powdered sugar. Add two tablespoonfuls of cream and the same of fruit sauce. Thoroughly beat and heat over hot water, but only just enough to remove the curdled look.

Frances E. Peck.

No. 117 West Fourteenth Street, Davenport, Iowa.

SUNDAY, NOVEMBER THE TWENTY-FIRST.

BREAKFAST.

Grape fruit.
Oatmeal mush, with sugar and cream.
Broiled mackerel.
Baked potatoes. Hominy muffins.
Coffee.

LUNCHEON.

Brown hash. Creamed eggs on toast.
Thin bread and butter.
Soft gingerbread. Boiled chestnuts.
Cocoa.

DINNER.

Quick beef soup.
Breaded mutton chops, baked.
Stuffed potatoes. Cream squash.
Cheese canopées, with celery.
Trifle. Salted peanuts.
Coffee.

Hominy Muffins—Hash one cup of boiled hominy fine with a fork, add one cup of cornmeal, half a cup of milk, two teaspoonfuls melted butter, two teaspoonfuls sugar, one egg, one teaspoonful baking powder. Beat thoroughly and hard. Put into gem pans and bake fifteen minutes.

Quick Beef Soup—Chop very fine two pounds lean beef, one carrot, one onion and one turnip. Put vegetables, with one clove, into two quarts of water and boil down to three pints, strain and press over the chopped beef. Season with a tablespoonful of tomato catchup, salt and pepper; boil slowly half an hour; color a rich brown with caramel. Serve with meat in it.

Caramel for Coloring—Put into a saucepan a cup of sugar and a quarter of a cup of water. Let them boil until the sirup begins to change color; watch carefully. Tilt the saucepan on all sides that it may brown equally. When it is all nearly black, before it chars in the least, add a cup of boiling water. Let it boil until all is dissolved and like very dark sirup. Bottle for use. A teaspoonful or less of this gives a fine color to soup or gravy. It will also color icing for cake, and is always useful.

Breaded Mutton Chops—Trim off fat and skin. Dip in egg, then in rolled cracker mixed with salt, pepper and powdered parsley. Lay in dripping pan with small piece of butter on each. Bake half an hour, basting with a little water and butter, and if liked

add a chopped onion. Strain the gravy, thicken with browned flour, add tablespoonful tomato catchup, and a little lemon.

Brown Flour for Thickening Gravy Quickly—Sift a quart of flour into a dripping pan, set in a hot oven. Stir well, do not burn. When it is rather a dark brown, put in a glass jar. One-third more of this is needed than of raw flour.

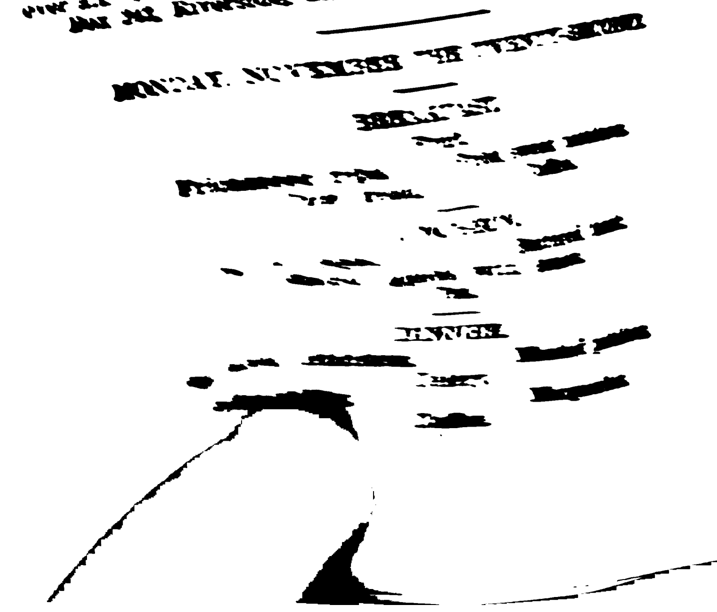
Cream Squash—Boil and mash in the usual way. Press out all the water. Beat in two tablespoonfuls melted butter, two of cream, pepper and salt to taste, lastly a beaten egg. Put into tin pail, set in boiling water fifteen minutes, stirring often. Keep the water boiling. It should look like rich custard.

Cheese Canopées—Cut with biscuit cutter from slices of baker's bread half an inch thick as many circles as needed. Put into hot frying pan with two tablespoonfuls butter; fry both sides a delicate brown. Heap upon them grated cheese mixed with a little salt and pepper and put on top shelf of oven. They will brown and be ready to serve while eating the meat course; eat with celery.

Trifle—Half a dozen little sponge cakes, one dozen macaroons. Make a thick custard with yolks of three eggs, two teaspoonfuls of cornstarch and two-thirds of a pint of milk, sugar to taste. Boil the milk, mix the cornstarch with a little of the milk cold, stir into the hot milk; when a little cool, add the beaten yolks and sugar, flavor to taste and set to cool. Lay the sponge cakes in a glass dish, moisten with a wine glass of cream flavored with vanilla, sprinkle with sugar. Spread a layer of raspberry jam over this, then the macaroons and pour the cold custard over. Heap the whites of the eggs well-beaten and a little sweetened over all. Place near ice to [illegible].

Mrs. [illegible]

[illegible] Riverside [illegible]



Fricasseed Tripe—Cut a pound of tripe in narrow strips, add to it a small cup of water and a piece of butter the size of an egg. Dredge in a heaping teaspoonful of flour, season with salt and pepper, and let it simmer gently for half an hour. Serve hot.

Baked Apples, with Lemon—Peel and core the apples, put them in a pudding dish and slice over them two lemons, without removing the rind; sugar well, add a little water and bake.

Marguerites—One pound of almonds, blanched and chopped, whites of three eggs, beaten stiff; take one-third of the beaten egg and add powdered sugar to make a thick icing; spread this over salted wafer crackers, mix the chopped nuts with the remainder of the beaten egg, spread this mixture on top of the icing, place the crackers, thus prepared, in a pan, put in a cóol oven and brown slightly. Mrs. G. L. Porter.

Box 674, Bloomington, Ill.

TUESDAY, NOVEMBER THE TWENTY-THIRD.

BREAKFAST.

Sliced oranges.
Hominy flakes and cream.
Lyonnaise tripe. Thin corn cake.
German coffee.

LUNCHEON.

Chicken in jelly.
Boston brown bread and butter.
Dutch apple cake. Tea.

DINNER.

Mock bisque soup.
Oyster pie.
Scalloped sweet potatoes. Turkish pilaf.
Sweet pickled peaches.
Cabinet pudding, epicures' sauce.
Coffee.

Hominy Flakes—Pour smartly boiling water upon a heaping cupful of the flakes, stir thoroughly, add three-quarters of a teaspoonful of salt, cover the double boiler and boil for at least thirty minutes. Allow plenty of water, for the flakes increase their bulk greatly in cooking.

Lyonnaise Tripe—One pound of cooked tripe cut in dice, two tablespoonfuls of butter, one of chopped onion, one of vinegar; salt and pepper to taste. Put onion and butter in frying pan and

when onion turns yellow add the tripe and cook five minutes; add seasoning, boil up once and serve on slices of toasted bread.

Thin Corn Cake—One cupful of cornmeal, one quarter of a teaspoonful of salt, butter size of an egg, one and one-half cupfuls of boiling water, one teaspoonful of sugar; pour the boiling water on the meal, sugar and salt, and beat rapidly. Add the butter, mix well and spread very thin on buttered tin sheets. Bake slowly about twenty minutes.

German Coffee—Make very strong coffee in usual manner; put each cup half full of scalded rich milk, fill up with the strong coffee and serve.

Chicken in Jelly—Cut the meat from the bones of chicken left from dinner of day before. To a cupful add a saltspoonful of salt, a half saltspoonful of pepper and a saltspoonful of celery salt. Cover the bones with water, after breaking them, and boil down to a cupful. Put one-fifth of a box of gelatine to soak in a quarter cup of cold water. Put the chicken into the stock which has been strained and seasoned with a dash of paprika and a saltspoonful of salt; also a teaspoonful of onion juice, if liked. Add half a teaspoonful of curry powder; or, if not liked, four mushrooms cut into dice; simmer for ten minutes, take off fire, stir in gelatine, and stir until dissolved. Turn into a mold and set in cool place to harden. Can be varied by adding cold boiled eggs sliced, or bits of boiled ham. To serve: Dip mold in warm water, and turn out on dish. Garnish with parsley. Chicken in jelly needs very high seasoning to make it palatable.

Dutch Apple Cake—Mix one pint of flour, half a teaspoonful of salt and a teaspoonful and a half of baking powder; rub in two tablespoonfuls of butter, pour on this one egg and a large two-thirds cupful of milk beaten together thoroughly. Mix all quickly and well. Spread the dough about half an inch thick on a buttered baking pan. Place in rows upon this dough four large apples which have been pared, cored and cut into eighths, sprinkle with two tablespoonfuls of sugar and a slight sifting of cinnamon. Bake in a quick oven for about twenty-five minutes. Serve with sugar and cream or a simple sauce.

Oyster Pie—Drain the liquor from a quart of fine oysters, strain and put on to boil with a lump of butter size of walnut, pepper, a thickening of stale bread crumbs and a half cupful of milk well beaten together, also a teaspoonful of salt and a half saltspoonful of pepper. Boil a few minutes, then throw in oysters and cook five minutes. Remove from fire and when merely warm beat in yolks of three eggs. Line a buttered dish with rich paste and fill with crumpled white paper or old napkin to support the lid of paste, and bake until lightly browned, when remove paper or napkin and fill with the oyster mixture, set back in oven for a few minutes and send hot to table.

Scalloped Sweet Potatoes—Arrange the potatoes, which have previously been boiled, peeled and sliced, in a baking dish; strew each layer with bits of butter and fine bread crumbs. Bake, covered, for twenty minutes in slow oven; uncover and brown.

Turkish Pilaf—One cupful stewed and strained tomato, one cupful of stock, highly seasoned with salt, pepper and minced onion. Boil and add one cupful of washed rice, stir lightly with a fork until absorbed, then add small half-cupful of butter. Have this all in double boiler, steam twenty minutes. Remove cover and put over it a folded towel to allow steam to escape. Serve as vegetable.

Cabinet Pudding—Seed one cupful of raisins by boiling until plump; place in cold water; they can then be seeded with ease. Put one pint of milk in double boiler to heat. Rub a melon mold well with butter and line with raisins; put in a layer of lady-fingers or stale sponge cake, then a layer of raisins, and so on. Separate three eggs and beat the yolks very light, add three table-spoonfuls of granulated sugar and saltspoonful of salt. Turn hot milk slowly into eggs and pour over lady-fingers in mold. Cover and steam one hour.

Epicures' Sauce—Rub one-half cupful butter and same of light brown sugar to a cream; put on fire to heat. Beat very light the yolk of one egg and pour hot mixture over egg and put on fire again for a few minutes. Cool slightly, add little grated nutmeg, and serve. Mrs. Fannie L. Thomas.

Perry, Iowa.

WEDNESDAY, NOVEMBER THE TWENTY-FOURTH.

BREAKFAST.

Farina with cream and sugar.
Ham in jelly. Broiled potatoes.
Corn-fruit muffins. Coffee.

LUNCHEON.

Veal and mushrooms on toast.
Cranberry jelly.
Ribbon cake. Tea.

DINNER.

Black bean soup.
Broiled mutton steaks. Mustard sauce.
Rice curry. Baked potatoes.
Quince pudding. Coffee.

Ham with Currant Jelly—Put half a glass of currant jelly, a tablespoonful of butter and dash of pepper into saucepan. Take eight thin slices of boiled ham, and when the jelly is hot put in the ham, and leave only long enough to get heated through. Serve immediately on a hot dish.

Broiled Potatoes—Cut in slices half an inch thick six cold

boiled potatoes. Lightly butter and lay on broiler over a very clear fire. Brown both sides, sprinkle with salt and pepper and send to the table piping hot in a napkin.

Veal and Mushrooms—Put a tablespoonful of butter into a saucepan and when melted add a tablespoonful of cornstarch and stir until well mixed. Pour slowly into it one-half pint of milk. Stir and cook until smooth, seasoning with one saltspoonful of salt and half that amount of pepper. Now put into the sauce two cups of cold cooked, seasoned veal, cut into neat cubes, and one cup of mushrooms quartered. Heat over hot water five minutes, remove from fire, add quickly one well-beaten egg and one teaspoonful of lemon juice. Serve on toast and garnish with toast-points.

Toast—Cut less than half an inch thick as many slices of stale bread as are wanted. Dry slightly in the oven, toast on fork before a clear fire, a light-golden brown; dip in melted butter. place on platter and pour veal rechauffé over.

Cranberry Jelly—Place in granite saucepan one quart of cleaned cranberries and one cup of water. Cook until soft, and turn into cheesecloth strainer and let drip over night. In the morning measure the juice and allow an equal measure of sugar. Boil juice fifteen minutes, add the sugar, skim, and when it thickens on the spoon, turn at once into a pretty mold.

Ribbon Cake—Cream half a cup of butter and one cup of sugar. Stir in two-thirds of a cup of milk. Then add two cups of sifted flour and the beaten whites of three eggs alternately. Beat in one teaspoonful of baking powder and bake in two tins. For the dark, take the yolks of three eggs, one-fourth cup of butter, one-fourth cup of sweet milk, one-half cup of molasses, one-half cup of brown sugar, one-half teaspoonful of cloves, the same of cinnamon, one cup of chopped raisins and one full cup of flour, sifted, with one-quarter teaspoonful of soda. Bake in one layer and put the layers together with jelly, the dark between the light.

Black Bean Soup—Soak one pint of beans over night. In the morning drain and put on to simmer in two quarts of cold water, with half a pound of chopped raw beef and one small onion. Simmer five hours. Add cold water as it boils away to check the boiling and soften the beans, having two quarts when done. Rub through strainer and season with two level teaspoonfuls of salt, one saltspoonful of pepper and the same of mustard. Thicken with one tablespoonful of flour and two of butter blended over hot water. Cut two hard-boiled eggs and one lemon into slices; put into tureen and pour soup over.

Broiled Mutton Steaks—Have two pounds of steaks cut half an inch thick. Rub your gridiron with butter, and when hot lay your steaks on, turning as quickly as possible. Have a clear fire and cook five minutes, if desired well done. Put on a hot platter and spread with butter, sprinkle with salt and place on each a tablespoonful of currant jelly.

Rice Curry—Soak one cup of cleaned rice two hours. Then

put in kettle, cover with two quarts of boiling water, add one teaspoonful of salt, boil thirty minutes, and drain in colander. Fry a minced onion in a tablespoonful of butter until it turns red; add two teaspoonfuls of curry dissolved in a cup of stock or gravy; boil up and pour over the rice.

Mustard Sauce—Blend over hot water three tablespoonfuls of mixed mustard, three tablespoonfuls of melted butter and three of cream. Send to the table in gravy tureen.

Quince Pudding—Pare, core and quarter five medium-sized quinces and simmer in as much water as will cover them. When soft, rub through a sieve and sweeten with a cup of sugar. Add the beaten yolks of four eggs to a pint of milk, and stir into the quince pulp. Line the sides of a pudding dish with a good pie crust, turn in the quince and bake three-quarters of an hour. Cover with a meringue made from the beaten whites and six tablespoonfuls of sugar, and eat cold. Frances E. Peck.

No. 117 West 14th Street, Davenport, Iowa.

MENU FOR THANKSGIVING.

BREAKFAST.

Stewed prunes. Boiled rice with cream.

Codfish à la mode.
Sweet potatoes browned.
White and brown bread.

Pancakes. Coffee.

DINNER.

Bisque of oysters.

Planked whitefish, lemon and walnut sauce.

Roast turkey with chestnut filling.
Cranberries. Olives. Celery.
Chestnut croquettes.
Mashed white potatoes. Baked sweet potatoes.

Mashed turnips.

Sweetbread salad.

Mince pie. Pumpkin pie. Ice cream.
Nuts. Black coffee. Raisins.

LATE LUNCHEON.

Welsh rarebit. Thin bread and butter.
Chocolate cake. Buttercup jelly.
Cocoa.

Bisque of Oysters—One quart of fair-sized fresh oysters, one quart of rich milk or cream, eight soda crackers, rolled, a teaspoonful of beef extract, a saucerful of finely-minced celery, two tablespoonfuls of butter, worked into an equal quantity of flour, the yolks of three eggs, teaspoonful salt and one-half teaspoonful pepper, with a sprinkle of cayenne. Chop the oysters, put into stewpan with their own liquor and a pint of water, the celery, beef extract, crackers, salt, pepper and a little parsley. Boil slowly for twenty minutes. Rub through a sieve until all moisture has been pressed through. Return to stove, add milk and simmer again for ten minutes. Set back and very carefully stir in the beaten yolks of the eggs; serve at once.

Planked Whitefish—Scale a five-pound whitefish, or two smaller ones; cut open the entire length down the middle, with a small knife loosen the backbone at the neck until you can take hold of it. Gently draw it out; it will come entire with all other bones. Rinse fish and lay back downward on a piece of hardwood plank. (A dripping-pan will answer, but has not quite the same flavor.) Dot with small pieces of butter, pepper and salt. Sprinkle over it the juice of a large lemon. Bake in rather a quick oven twenty-five minutes. It must be a rich brown. If a dripping-pan is used add half cup of water.

Walnut Fish Sauce—Work into a cup of nice butter as much lemon juice as it will take. When creamy add half a teacupful of chopped pickled walnuts or pickled cucumbers with a little minced parsley.

Roast Turkey with Chestnut Filling—Get a plump, young twelve-pound turkey. Singe it over a burning newspaper on a hot stove. Draw, being careful not to break any of the internal organs. Rinse out with several waters, using teaspoonful of baking soda in next to the last. Wipe dry inside and out. Rub the inside with a little salt and fill.

Filling—Roast about thirty chestnuts; peel, removing the inner husk also. Take ten of these with the liver and pound well; add a little minced parsley, a sliver of onion, salt and pepper, the yolks of two eggs; put this into the crop and sew up. Cut into inch lengths five or six links of small sausage that have previously been fried in butter until half done; add a cup of bread crumbs, a large kitchenspoonful of butter, pepper and salt; add the remaining chestnuts whole, and fill the body. Sew up with strong thread. Tie the legs and wings to the body and fasten securely with skewers; rub over a little soft butter, salt and pepper, dredge with flour. Wrap in slices of bacon and place in dripping-pan. Baste often, allowing twenty minutes to a pound in moderate oven. It

should be browned evenly all over. Boil the giblets until done. Mince very fine and add to the gravy.

Roast Chestnuts—Boil in plenty of water one-half hour, then take them out and place in a pan with holes in it, shake them over the fire, first slitting the sides, to prevent them from flying off.

Chestnut Croquettes (a most delicious accompaniment to turkey)—Use fifty French chestnuts, two gills of cream, two tablespoonfuls butter, saltspoon of salt, four eggs and some sifted bread crumbs for breading. Shell the chestnuts, put into a stewpan with enough water to cover them. Boil thirty minutes. Drain off the water and pound the nuts until very fine; add one tablespoonful of the butter and pound until well mixed; add balance of butter and the salt and pound ten minutes, then add the cream, a little at a time. When it is all worked in rub the mixture through a sieve. Beat three eggs until light and stir into that which has been strained. Place in a double boiler and cook eight minutes, stirring constantly. It should by this time be smooth and thick, if the water in the outer boiler has been boiling rapidly. Spread on a large platter to cool. When cold, butter the hands and mold into balls or cones. Dip into the fourth egg, then into the bread crumbs; fry a minute and a half. Arrange on a warm napkin and serve.

Sweetbread Salad—Select two large sweetbreads, let them lie in tepid water a half-hour, then boil in salted water twenty minutes, have water boiling before putting them in, then drop in cold water to harden; draw off the outer casing, remove the little pipes and cut into small dice. Cut into small pieces half a pint of mushrooms and enough celery to equal both. Mix mayonnaise by putting the yolks of three eggs into a bowl, beat well and add a few drops of oil, stir until it disappears in the yolks, add a little more and so on, stirring until the last oil is blended into the yolks before adding more. When it is a pale opaque yellow "it has come" and the oil can be added in larger quantities. In five minutes more it should be as thick as butter and cling to the spoon. Add a few drops of vinegar—this whitens it—stir a few seconds and it will look like cream, and then add oil until it is very thick again. Then add a dessertspoonful of vinegar, a saltspoonful of salt and a little white pepper; if liked, a sprinkle of cayenne. Pour over the above mixture, reserving a little for the top. Toss and mix thoroughly. Spread the remainder over the top, and garnish with white celery tips and olives.

Mince for Pie—Half-pound raw beef, half pound suet, one pound tart apples; chop each finely and separately. Half a pound of currants, well washed and dried; half a pound raisins, seeded; half a pound citron, cut into small bits; half a pound brown sugar, half a pint New Orleans molasses, one ounce salt, half ounce mixed spices (cinnamon, cloves and allspice, most of cinnamon), one-fourth ounce white pepper, one-half grated nutmeg, juice of one lemon, half a pint of cider. Mix meat, suet, salt and spices; then add apples, then fruit, then cider, and last of all the sugar. Bake the day before, between two crusts of rich pastry.

Pumpkin Pie—Pie should be at least an inch thick. Two cups stewed pumpkin, one teaspoonful ginger, half teaspoonful salt, two-thirds cup of sugar, half teaspoonful cinnamon, two eggs, one scant pint milk. Mix sugar, spice and salt together, stir into the pumpkin; add eggs and milk. There should be one quart when finished. Line a tin plate with good pastry, fill with mixture and bake forty-five minutes. To please the children, cut from thin pastry the letters spelling "Thanksgiving" and lay on the top when half baked.

Chocolate Cream Cake—One cup granulated sugar, half cup butter, one and one-half cups flour, small teaspoonful baking powder, whites of four eggs; mix well and bake in square tin. Frosting—One and a half cups granulated sugar, half cup of milk; boil exactly four minutes; stir until cool or thick; spread on cake; melt half cake of chocolate and pour on top.

Buttercup Jelly—Half a package of gelatine soaked in half a cup of water two hours, yolks of three eggs, one pint of milk, one heaping cup granulated sugar, one teaspoonful vanilla. Dissolve a bit of soda about the size of a pea in the milk. Scald the milk in a double kettle; stir in the gelatine until dissolved; strain through a coarse cloth. Beat the yolks of the eggs, add sugar and pour the boiling mixture upon it, stirring constantly. Return to kettle and stir until it begins to thicken. Whip the white of an egg stiff. When the yellow jelly coagulates around edges set the bowl containing the frothed white in ice water, and beat the jelly into it spoonful at a time until it is all in and the sponge is thick and smooth. Wet a mold, pour in jelly and set on ice to form.

P. O. Box 242, Riverside, Ill. Mrs. P. B. Gehr.

FRIDAY, NOVEMBER THE TWENTY-SIXTH.

BREAKFAST.

Baked apples.
Egged veal hash. Spanish toast.
Oatmeal gems. Coffee.

LUNCHEON.

Sausage rolls. Baked sweet potatoes.
Bread and butter.
Stewed prunes. Tea.

DINNER.

Turkey-bone soup.
Cusk-à-la-crême. Celery on toast.
Mashed potatoes. Creamed parsnips.
Banana custard. Coffee.

Oatmeal Gems—Mix with one and a half teacupfuls of finely ground oatmeal half a teacupful of cornmeal, one teacupful of flour and a teaspoonful of baking powder. Mix in a tablespoonful of butter, two tablespoonfuls of sugar, one teaspoonful of salt and two teacupfuls of milk. Bake in a hot oven.

Sausage Rolls—Make a light biscuit dough with milk, roll it out thin and cut into shape with a biscuit-cutter. In the center of each place a roll of sausage the size of a good-sized hickory nut and roll it up in the dough. After letting them stand in the pan for a few minutes, bake and serve hot. These rolls are also good cold, and when children we used to have them to take to school for our luncheon in bad weather.

Turkey-Bone Soup—Take the bones and scraps left from roast turkey, or chicken, or any kind of game. Lay aside any nice pieces, no matter how small. Remove all the stuffing and keep that by itself. Break the bones and pack them closely in a kettle. Cover with cold water. Add one small onion, sliced; the outer stalks and leaves of a head of celery; one teaspoonful of salt and a saltspoonful of pepper. Simmer two or three hours, or until the bones are clean. Strain, and remove the fat. Put the liquor on to boil again, and for every quart of liquor allow three saltspoons of salt and one saltspoon of pepper. Add one cup of cold meat cut into small pieces and half a cup of the stuffing. Or omit the stuffing and thicken the soup with flour. Simmer until the meat is tender, and serve at once. This is much better than to boil the meat, bones and stuffing together. In that case, the stuffing absorbs the oil and gives a very strong flavor to the soup.

If you wish variety and prefer to use the chips of meat in some other way, a few sticks of macaroni, or spaghetti or vermicelli, broken in two-inch lengths, may be added to the soup instead, in which case the macaroni should simmer at least three-quarters of an hour, the spaghetti one-half hour, and the vermicelli fifteen minutes.

Tomatoes (a pint) to a quart of stock make another pleasing variety. The bones of a twelve-pound turkey should furnish stock for three dinners. Do not throw them away until every bit of substance has been drawn out.

Cusk-à-la-Crême—Take one quart of pieces of cold fish, either boiled or baked. Put one quart of milk, with one blade of mace, a sprig of parsley and a bay leaf into the milk boiler to boil. Stir together one tablespoonful of cornstarch and one ounce of butter. Remove the bay leaf, mace and parsley from the milk and stir in cornstarch and butter. Add also to the milk the beaten yolks of two eggs; one teaspoonful salt and one-half teaspoonful pepper. Put a layer of fish in a baking dish, then a layer of sauce, and so continue until all is used, having sauce on top. Sprinkle over the top with bread crumbs and put in the oven to brown. Serve in baking dish. Mrs. Carl J. Sunde.

No. 1323 Seventy-second Street, Chicago.

SATURDAY, NOVEMBER THE TWENTY-SEVENTH.

BREAKFAST.

Nectared oranges.
Broiled whitefish, with sliced lemon.
Potato croquettes. Hot rolls.
Coffee.

LUNCHEON.

Corn fritters. Deviled ham sandwiches.
Pickled green tomatoes.
Prune sponge. Cocoa.

DINNER.

Beef soup with almond balls.
Cold turkey. Baked sweet potatoes.
Scalloped tomatoes. Celery salad.
Children's favorite dessert.
Coffee.

Nectared Oranges—Cut five oranges in thin slices, carefully remove seeds. Sprinkle freely with powdered sugar, add juice of one lemon and one-half teaspoon vanilla. Let stand in cool place over night.

Prune Sponge—Separate three eggs. Beat whites to stiff froth. Add one yolk at a time to beaten whites. Then lightly mix in one-half cup sifted granulated sugar, one-half teaspoon vanilla, and, lastly, beat in lightly three-fourths cup finely sifted flour, in which three-fourths teaspoonful of baking powder has been thoroughly mixed. Boil and seed fifteen prunes, chop fine, add one-half cup sugar and juice of one-half lemon. Butter pudding dish; put in prune mixture, add sponge and bake twenty to twenty-five minutes.

Almond Balls—Pound 5 cents worth of almonds to a fine pulp. Beat two eggs very thoroughly, season with salt and pepper, add a little very finely minced parsley, then add pounded almonds and three-fourths of a cup of finely sifted flour and one teaspoon baking powder. Roll with buttered palms into small balls and boil in soup just before serving.

Scalloped Tomatoes—Season one-half can tomatoes with a teaspoonful of salt, a saltspoonful of pepper, and the juice of an onion. Add a cupful of finely minced celery. Butter baking dish; first put in half of the tomatoes, then a layer of buttered soda crackers, sprinkled with two heaping tablespoonfuls of grated American cheese. Then add tomatoes, sprinkle the top with crumbs and bits of butter and bake twenty minutes.

Children's Favorite Dessert—Open ten ladyfingers, spread

with jelly and reclose. Beat three yolks of eggs thoroughly with one-half cup sugar, add one and one-half cups sweet milk and two tablespoons cornstarch creamed in a little cold milk. Boil this until it begins to thicken. When cold add one-half teaspoon vanilla. Place ladyfingers in pudding dish, pour over the custard and put on top the stiffly beaten whites, to which one-half cup powdered sugar and the juice of one lemon has been added. Put in oven until light brown. Serve very cold.

Mrs. H. W. Joseph.

No. 140 Eugenie Street, Chicago.

SUNDAY, NOVEMBER THE TWENTY-EIGHTH.

BREAKFAST.

Oatmeal with cream. Codfish croquettes.
Flannel pancakes with quince sirup.
Coffee.

LUNCHEON.

English stuffed peppers. Creamed potatoes.
French rolls. Cocoa.

DINNER.

Split-pea soup.
Creamed chicken fricassee with mushrooms.
Mashed potatoes.
Pumpkin custards. Coffee.

Quince Sirup—This is delicious eaten with hot biscuits, waffles or griddle cakes. Boil together two cupfuls of water and five cupfuls of granulated sugar for five minutes. Then add the juice of one sour orange and two grated quinces, boiling all about ten minutes longer. This may be kept for a long time if bottled and sealed.

English Stuffed Peppers—Remove the stem, cut five green peppers in two lengthwise, and take out the inside. Put the shells into boiling water and let them cook five minutes; then throw them into cold water. Make a stuffing in the proportion of one cupful of bread crumbs soaked in stock to one cupful of finely chopped meat; season with one teaspoonful of onion juice, one-quarter teaspoonful each of savory and thyme, one-half teaspoonful of salt and a dash of pepper. Drain the shells and fill them with the stuffing, heaping them. Sprinkle the top with a few crumbs browned in butter and putting bits of butter over them. Place the half-peppers in a deep earthen pie dish, pour half a cupful of stock around them, and bake in a moderate oven

thirty minutes. Serve the peppers directly from the oven in the same dish they are baked in.

Creamed Chicken Fricassee with Mushrooms—Cut a fine, well-cleaned chicken of three or four pounds into ten pieces; put them into a large saucepan of boiling water for three minutes; then drain in a colander and instantly plunge into cold water, letting them remain five minutes. Take out the chicken, place it in a clean saucepan over the fire, cover with boiling water, add one heaping teaspoonful of salt, two white onions and a bunch of herbs; cover and boil slowly until tender; drain off the broth and strain it. Melt two ounces of butter in a saucepan, add two heaping tablespoonfuls of flour, stir and cook two minutes; add the chicken broth and half a can of mushrooms, or the same quantity of fresh ones, and cook fifteen minutes; then take out the mushrooms, remove all the fat from the sauce, add more salt, if necessary. Mix the yolks of three eggs with half a pint of cream, add it slowly to the gravy, and, lastly, the juice of half a lemon. Arrange the chicken on a hot dish, pour over the gravy, lay the mushrooms in clusters around and garnish with sprigs of parsley.

Pumpkin Custards—Pare, cut into pieces and cook pumpkin sufficient to make one pint. The first cooking of this is quite important. Put the pieces into a kettle; add one-half cupful of water; cover the kettle and allow the pumpkin to steam until tender. Then remove the lid and allow the water to evaporate. Drain this in a colander, then press the pumpkin through, rejecting every particle of moisture. Beat three eggs without separating; add to them one pint of milk and then the pumpkin, a half-teacupful of sugar, a teaspoonful of cinnamon and a half-teaspoonful of ginger; mix and turn into small custard cups; stand these cups in a baking dish of hot water and cook in the oven thirty minutes. When done turn from the cups and serve without sauce. Miss Alice Caskey.

Burlington, Wis.

MONDAY, NOVEMBER THE TWENTY-NINTH.

BREAKFAST.

Nudavene flakes, cream and sugar.
Hamburg steak. Baked potatoes.
Breakfast fruit cake.
Coffee.

LUNCHEON.

Warmed potatoes. Anchovy toast.
Pickled eggs.
Graham bread. Baked apples.
Tea or bromo.

DINNER.

Sago soup.
Stewed rabbit. Potato puff.
Boiled artichokes. Red cabbage, pickled.
Steamed stale bread.
Cream puff.
Coffee.

Nudavene Flakes—Pour enough boiling water over two cupfuls of flakes to cover them, salt to taste, and boil ten minutes.

Breakfast Fruit Cake—One pound cold boiled potatoes mashed smooth; add one pound flour, half a pound finely chopped suet, a little less than half a pound of currants and two ounces moist sugar. A teaspoonful of baking powder should be mixed with the flour in its dry state. Roll out the dough to half-inch thickness and bake in moderate oven. Cut into squares and serve hot.

Anchovy Toast—Remove the tops and bottoms from five lunch rolls; then cut each in two slices; toast and butter them. Wash and remove bones from anchovies, chop very fine, spread on five of the pieces of toast; cover with remaining pieces, arrange on their dish, and pour over custard made as follows: Place one-half pint of cream in a double boiler; as soon as it comes to a boil add two well-beaten eggs and let it thicken. Serve hot.

Stewed Rabbit—Cut up and disjoint the rabbit; put into a stewpan with about a pint of boiling water and two slices of salt pork and stew slowly until quite tender; slice an onion, dredge with flour and fry brown in a tablespoonful of butter; add this to the stewed rabbit, thicken with browned flour and season with salt, pepper and the juice of a lemon.

Boiled Artichokes—Wash artichokes, peel and put them into a saucepan with enough cold water to cover; add salt and boil twenty minutes, or until they are soft. When done, drain them, and serve with melted butter poured over them.

Steamed Stale Bread—Old bread may be freshened by putting it into a steamer over a kettle of boiling water and letting it remain until it becomes soft.

Cream Puff—Mix three tablespoonfuls of flour with four of milk until smooth. Beat yolks of four eggs and add one-half cup of pulverized sugar, then the grated rind of a lemon, then the juice, and lastly the flour paste. Cut into mixture with as little stirring as possible the whites of the four eggs beaten stiffly, and place in buttered and warmed pudding dish; powder with sugar and bake twelve minutes. Mrs. J. F. Cummings.

Elkhorn, Wis.

TUESDAY, NOVEMBER THE THIRTIETH.

BREAKFAST.

Oat flakes with cream.
Stewed heart. Graham gems.
Cinnamon rolls.
Coffee.

LUNCHEON.

Popovers. Cheese omelet.
Spiced pears.
Tea.

DINNER.

Piquant pea soup.
Curried mutton. Potato snow.
Cranberries.
Jellied apples.
Coffee.

Stewed Heart—Clean heart, cut up in neat pieces and soak over night in milk. In the morning place in a stewpan, with one bay leaf, one or two slices of lemon; stew slowly with one pint of soup stock. When tender add half teaspoon salt and one-half saltspoon pepper, small bit of red pepper; thicken sauce with a tablespoonful browned flour. Cook ten minutes longer and serve.

Piquant Pea Soup—One pint of green dried peas—or fresh ones. If dried scald in a solution of saleratus water, blanch them thoroughly and cook gently in two quarts of water until tender and soft. Pass them through a sieve. Chop two onions and fry in two tablespoons of butter, add six cloves and one bay leaf and then stir all together. Put in a tablespoonful of salt and a cup of either canned or whole tomatoes. Let the whole cook very slowly for an hour, when, if it seems too thick, add a little boiling water and let it cook a little longer. Then add a pinch of red pepper and a tablespoon of butter, and just before serving a cupful of squares of bread which have been fried brown in butter until of a pretty golden hue.

Curried Mutton—Put four ounces of butter in a stewpan with four minced onions, add an ounce of curry powder, a teaspoonful of salt, a dessertspoonful of flour and half a pint of cream; stir until smooth. Gently fry two pounds of mutton—cut in small, neat pieces—to a light-brown color. Lay the meat in a stewpan and pour the sauce over; simmer very gently until the meat is quite tender.

Jellied Apples—This is a delightful dish. Peel and quarter

Ben Davis apples. Place in a pudding dish, with one cupful of white sugar. Lay over them a plate that fits perfectly tight. Let them bake in a moderate oven three or four hours; set aside to partly cool. Grease a mold scantly. Dot it with bits of bright-colored jelly. Just as apples are commencing "to set" pour them carefully in mold and set away until ready to serve.

Holdrege, Neb. Eda Uhlig.

WEDNESDAY, DECEMBER THE FIRST.

BREAKFAST.

Fruit salad.
Meat croquettes. Lyonnaise potatoes.
French coffee cake.
Coffee.

LUNCHEON.

Creamed shrimps on toast.
Brown bread Brandied peaches.
Cocoa.

DINNER.

Fried chicken with rice.
Flaked potatoes. Celery salad.
Fig pudding, egg sauce.
Coffee.

Fruit Salad—Take equal portions of orange pulp, grape fruit and Malaga grapes, from which the seeds and skins have been removed. Mix these ingredients well together, sugar, and serve in half orange skins.

Meat Croquettes—Take roast beef, pork, veal, mutton or any cold meat left over from the day before. Chop very fine. For one pint of the chopped meat make the following sauce: One tablespoonful of flour, rubbed thoroughly with two of butter; add this mixture slowly to one cup of boiling milk, and stir until thick and smooth. Mix this well with the meat and season with three-quarters teaspoon salt and one saltspoon pepper. Make into small rolls, dip in beaten egg, then in cracker crumbs and fry in hot lard.

Lyonnaise Potatoes—In a tablespoonful of butter brown a tablespoonful of chopped onion; then add a pint of cold boiled potatoes, sliced thin or cut in dice. When they have fried a delicate brown add a teaspoonful of minced parsley and one of lemon juice, saltspoon of salt and serve at once.

French Coffee Cake—Two tablespoonfuls of butter, two-thirds of a cup of sugar, and an equal quantity of milk, the yolk of one egg. Beat these ingredients well together, then add one and two-thirds cups of flour, with which has been sifted one teaspoonful

of baking powder, and lastly stir in the beaten white of one egg. Bake in square tins; when done sprinkle over the top one tablespoonful of granulated sugar mixed with one teaspoonful of cinnamon.

Creamed Shrimps on Toast—Wash and drain one can of Bavarian shrimps. Put in a saucepan two tablespoonfuls of butter; when it melts add the same quantity of flour and rub smooth, but do not brown. Pour on this a quart of milk and bring to a boil. Season with one-fourth teaspoon white pepper and a little minced parsley, add the shrimps and let the mixture stand on the back of the stove until it is thoroughly heated through, then pour over toasted bread.

Fried Chicken with Rice—Half fry a chicken. Then boil half a cup of rice in a pint of water, leaving the grains distinct, but not too dry. Before the rice is added the water must be boiling. Add to the rice a heaping teaspoonful of butter, and when it cools two well-beaten eggs and half-teaspoon salt, pepper and nutmeg, if the last is liked. Put the chicken into a pudding dish, cover with the rice and bake until nicely browned in an oven not too hot.

Fig Pudding—Take half a pound of figs and three-fourths of a cup of sugar; add enough water to keep from burning and cook to a jelly. Mix together one cup of chopped suet, a cup and a half of flour, one teaspoonful of baking powder and one-half teaspoonful of salt; add enough sweet milk to make a soft dough. Roll the dough out, cover with a layer of the cooked figs, roll together like a jelly cake; put into a bag and steam about three hours.

Egg Sauce—One-third cup of butter, two-thirds of a cup of sugar, two eggs well beaten. Pour on this mixture one cup boiling water, flavor with nutmeg or vanilla and cook two minutes.

No. 291 Ontario Street, Chicago. Mrs. C. V. Stockdale.

THURSDAY, DECEMBER THE SECOND.

BREAKFAST.

Baked apples and cream.
Wheat germ mush.
Ham omelet.
Foam griddle cakes.
Maple sirup.
Coffee.

LUNCHEON.

Fricasseed oysters.
Sweet cantaloupe pickle.
Celery.
Baking-powder biscuit.
Tea.

DINNER.

Cream of barley soup.
Beefsteak potpie, suet crust
Spinach (French style).
Dinner bread.
Rennet pudding.
Nuts. Grapes. Raisins.

Baked Apples—Pare and core the apples and bake until soft (time from one-half hour to one hour, according to the kind of apple). For six apples put two tablespoonfuls of water in the pan. The hole made by the removal of the core can be filled by sugar and a small piece of butter if preferred. Eat with sugar and cream.

Ham Omelet—Separate the whites and yolks of six eggs. To the yolks add six tablespoons of milk, a small teacupful of finely chopped ham, a few sprigs of parsley; beat hard. Lastly stir in gently the whites, which have been beaten to a stiff froth. Have ready a tablespoonful of butter heated in a spider, pour in the eggs and stir well with a fork until the pap becomes quite thick. Incline the pan, shake so as to bring the omelet near one of the edges and begin to fold it. It should be long, thick in the middle and soft inside. Time for cooking, five minutes, over a bright fire. Cold chicken or veal can be used, in which case a little salt must be added.

Foam Griddle Cakes—One-half pint of sour milk, pinch of salt, yolk of one egg, a piece of butter size of a hickory nut, enough flour to make a batter; beat all together for five minutes, then add one-third of a teaspoon of soda dissolved in one tablespoon of boiling water, and lastly the white of the egg, beaten to a stiff froth and stirred in slowly and carefully as for sponge cake. Bake immediately on a hot griddle.

The nicest way to grease a griddle is to use a large piece of beef suet tied in a thin cloth.

Maple Sirup—Maple sirup can be made by melting the sugar in boiling water until a sirup a little thinner than molasses is obtained.

Fricasseed Oysters—Put in a saucepan one tablespoon of butter, and when melted add one heaping tablespoon of flour and stir until smooth. Add one cup of oyster liquor strained through cheese cloth, and when it comes to a boil add one quart of oysters, previously drained. Season with three-quarters teaspoon salt and a trifle of red pepper (a little nutmeg if liked. When the oysters curl on the edges they are done. Then stir in an egg which has been thoroughly beaten, and in a minute pour the fricassee over hot crackers. This is a very nice recipe for a chafing dish.

Sweet Pickle Cantaloupe—Cantaloupe pickles should be made in September. Pare the cantaloupes, remove the seeds and cut in strips. To seven pounds of fruit allow three pounds of sugar and one pint of white wine vinegar. Boil the sugar and vinegar

together, adding a few sticks of cinnamon and a few cloves; boil the strips of cantaloupe in the sirup until they look clear—several hours are required. Seal in jars.

Celery—Celery should be prepared for the table at least two hours before using and kept in ice water until the last minute. This insures crispness. It is well to take the large outside stalks for cooking and use only the smaller inside pieces for the table.

Baking-Powder Biscuit—One quart of flour, three small teaspoons of baking powder, one-half teaspoon of salt and butter size of an egg, rubbed together with tips of fingers. Wet with cold sweet milk until a paste is formed that can be rolled out and cut into biscuit with a cake-cutter. Bake in a quick oven ten minutes.

Tea—Tea should never be boiled, but the pot should first be heated, then the tea should be measured into it and boiling water poured over, and after steeping a few minutes it is ready to drink. One teaspoonful of India or Ceylon tea makes two cupfuls.

Barley Soup—Wash two tablespoonfuls of barley and let it stand in cold water one-half hour. Cook until soft in boiling water—two hours required. Take three pints of soup stock and boil the barley in it for an hour. Beat in a bowl the yolk of one egg, one-half cupful of milk or cream and one-half tablespoonful of butter; add, little by little, while stirring, a cupful of the boiling stock; then draw the soup kettle to the corner of the stove and stir steadily while pouring the mixture in, but do not let the soup boil again. Serve immediately.

Beefsteak Potpie, Suet Crust—Cut in small pieces two pounds of round steak, season with a little salt and pepper. Put them in a pot with a tablespoonful of butter rolled in flour, one minced onion and one quart of water. Cover them and let them stew slowly for an hour. Boil six potatoes and cut in quarters. Put one-third of a pound of suet into one quart of flour, add a little salt and enough cold water to make it a lump of dough. Too much water makes it tough and heavy. Line the sides part way down of a deep baking dish with the paste rolled thin, then fill the dish in layers, alternately formed, of the meat with its gravy, the potatoes and squares cut of the paste. Let the dish be full to the brim with gravy. Cover it with a crust of the paste, place a small paper funnel in the center as a vent for the boiling gravy and remove it before serving. Bake one hour in a moderate oven.

Spinach, French Style—Wash one-quarter of a peck of spinach and boil it in enough boiling water to float it. A little salt should be in the water. Stir it frequently that all the leaves may be equally done. Boil fifteen minutes, take it out, drain well and chop fine. Prepare in a saucepan one-half ounce of butter, one-half tablespoon of flour, two tablespoons of cream or milk and a saltspoon of sugar thoroughly mixed. When this comes to a boil put in the spinach gradually and let it cook ten minutes (stirring frequently). Serve hot, garnished with leaves of puff paste that can be cut with a tin-cutter from any pie crust and must be freshly baked. Toasted bread can be substituted if preferred.

Spinach, German style, is prepared in the same manner without the sugar.

Rennet Pudding—To one quart of sweet milk warmed a little add one and one-half tablespoons of rennet, stir a few moments carefully and let it stand undisturbed in a cold place for three hours. Serve in the same dish and eat with a little sugar and wine over it, or sweetened cream flavored with vanilla. Rennet can be bought at any first-class grocery.

The best way to flavor with vanilla is to buy two of the best Mexican vanilla beans and put them in a quart jar filled with granulated sugar and kept tightly closed. Use the sugar instead of the extract of vanilla in making desserts that you wish to season and a delicate vanilla flavor is obtained. The jar can be refilled with sugar a number of times for the same beans.

No. 59 Cedar Street, Chicago. Mrs. George M. High.

FRIDAY, DECEMBER THE THIRD.

BREAKFAST.

Sliced bananas with cream and sugar.
Buttered toast.
Liver and bacon balls.
Corn Muffins. Coffee.

LUNCHEON.

Eggs Milanese.
Steamed brown bread.
Turkey or chicken in savory jelly.
Waffles with maple sirup.
Russian tea.

DINNER.

Soup Neapolitan.
Baked whitefish—oyster sauce.
Mashed potato.
Celery and nut salad.
Steamed fruit pudding. Coffee.

Liver and Bacon Balls—One cup of boiled calf's liver, one-half cup bacon, mince very fine, add one-half saltspoon pepper, form into balls or small cakes, dip in egg, then in bread crumbs, and fry in hot fat; serve garnished with parsley.

Eggs Milanese—One-half cup of rice, cooked till tender; drain; one tablespoonful of butter, six hard-boiled eggs; chop the yolks, put two tablespoonfuls of butter in saucepan, one-half cup of stock, then add the yolks and rice, add a little salt and cayenne

pepper; make very hot and serve on slices of buttered toast. Garnish with the whites of eggs, cut in slices.

Soup Neapolitan—Five cups of well-seasoned stock. Make a paste of one egg in flour, to which a pinch of salt has been added. Form into balls the size of a thimble, drop in the soup ten minutes before serving, season with salt, pepper, a tablespoonful of Parmesan cheese and a little chopped parsley.

Turkey or Chicken in Savory Jelly — Two cups of stock, in which an onion, celery and bay leaf have been boiled; one-half pint of water, one-fourth package of gelatine, a little salt and pepper, tablespoonful of brown caramel; dissolve the jelly in the stock and water, season with salt and pepper, place some of the jelly in a mold, add pieces of light and dark meat of boiled turkey or chicken, add more jelly, then meat till the mold is full. Serve garnished with celery.

Baked Whitefish—A four-pound fish, split open on the back, remove the bones, lay it inside up in a dripping pan, brush over with a tablespoonful of butter and juice of half a lemon, add a half-teaspoonful of salt and a dash of cayenne pepper, sprinkle with fine cracker crumbs, bake in a hot oven thirty minutes.

Oyster Sauce — Two tablespoonfuls of butter in a saucepan, teaspoonful of minced onions and parsley; fry lightly; add one cup of oyster liquor, one cup of oyster meats and the yolks of two eggs, a saltspoon salt and one-fourth saltspoon pepper; stir till thick, but do not let boil.

Celery and Nut Salad—One cup each of chopped celery and English walnuts, a little salt, one-half cup of mayonnaise dressing, to which has been added one cup of sweet cream. Serve in a bed of blanched celery leaves.

Steamed Fruit Pudding—One quart of flour, two teaspoonfuls of baking powder, a little salt and enough sweet milk to make a thin batter, stir in a cup of seedless raisins, add chopped citron, put in cups and steam thirty minutes. Serve with cream and sugar.

Mrs. Elizabeth Waldo.
Charlotte, Mich.

SATURDAY, DECEMBER THE FOURTH.

BREAKFAST.

Oranges.
Salt codfish in purée of potatoes.
Hot rolls. Raised corncake.
Coffee.

LUNCHEON.

Oyster croquettes. Celery.
Toasted potatoes. Bread and butter.
Jelly roll. Tea.

DINNER.

Egg-barley soup.
Scalloped tongue. Riced potatoes.
Turnips à la crême. Pickles.
Golden pudding. Crackers. Cheese.
Coffee.

Salt Codfish in Purée of Potatoes—Six large potatoes, one pint and one cupful of milk, two tablespoonfuls of butter, a small slice of onion, one pint of cooked salt codfish, saltspoon salt, one-half saltspoon pepper, one large tablespoonful of flour. Pare the potatoes and boil, drain off the water and mash light and fine. Add salt, pepper, one tablespoonful of butter and the cup of milk, which has been allowed to come to a boil. Beat very thoroughly and spread a thin layer of potatoes on the center of a hot platter. Heap the remainder around the edge, making a wall to keep the fish and cream, which should then be poured in; garnish with parsley.

To prepare the fish put the pint of milk on to boil with the onion. Mix flour and butter together and when well mixed add two tablespoonfuls of the hot milk, stir all into the boiling milk, skim out the onion, add the fish and cook ten minutes. Season with pepper.

Raised Corncake—One pint of Indian meal, one pint and a half of boiling milk or water, one tablespoonful of sugar, two of butter, one egg, one teaspoonful of salt, one-fourth of a cake of compressed yeast. Pour the boiling milk gradually on the meal, then add salt, sugar, butter, and beat well. Set away to cool, then add the yeast and the egg, well beaten. Let it rise five hours, then put into buttered pans to the depth of two inches. Let it stand in warm place for half an hour. Bake forty-five minutes.

Oyster Croquettes—Half a pint of raw oysters, half a pint of cooked veal, one heaping tablespoonful of butter, three tablespoonfuls of cracker crumbs, the yolks of two eggs, one tablespoonful of onion juice, one-half teaspoonful of salt and one-quarter saltspoonful of pepper. Chop the oysters and veal very fine. Soak the crackers in oyster liquor; mix all the ingredients, and shape. Dip in egg and roll in cracker crumbs and fry as usual. Soften the butter before mixing.

Egg Barley Soup—Take three dry rolls, grate them, beat two eggs into them, stir well together and pour slowly into three pints of boiling stock, stir continually. It will have the appearance of barley. Serve with a little grated nutmeg after boiling a few minutes.

Scalloped Tongue—Chop some cold salt tongue (not too fine), have for each pint one tablespoonful of onion juice, one tablespoonful chopped parsley, one of capers, one cupful bread crumbs, half a cupful of stock, three tablespoonfuls of butter. Butter the scallop dish, and cover the bottom with bread crumbs. Put in the tongue which has been mixed with parsley, pepper,

capers, and add the stock, in which has been mixed onion juice. Put part of the butter on the dish with the remainder of the bread crumbs and bits of butter here and there. Bake twenty minutes and serve hot.

Turnips à la Crême—Cut peeled turnips into half-inch dice, boil in salted water until tender, drain; pour over a cream sauce made of one cup of hot milk, poured gradually over one tablespoonful each butter and flour rubbed together; add a quarter teaspoonful of salt and a half saltspoonful of pepper.

Golden Pudding—One-quarter of a pound of sifted flour, same of bread crumbs, same of chopped suet, same of orange, peach or apricot marmalade; one egg; pinch of salt; beat all thoroughly together, put into a buttered bowl, cover with a cloth and boil two and one-half hours. Serve with hard sauce.

No. 170 Harding Avenue, Chicago. Mrs. John Buie.

SUNDAY, DECEMBER THE FIFTH.

BREAKFAST.

Hominy crumpets. Triangles.
Farmer's rice. Buttered apples.
Coffee.

LUNCHEON.

Oyster shortcake.
Salad of pigs' feet.
Brown bread and butter.
Apple pudding.
Cocoa.

DINNER.

Amber soup.
Roast pork with sage and onion stuffing.
Apple sauce.
Potatoes browned with the pork.
Steamed turnips. Tomatoes and corn.
Rolls.
Canary cream with fruit-foam sauce.
Coffee.

Farmer's Rice—Heat in a double boiler a quart of sweet milk. While it is heating beat the yolks of two eggs light, and rub into them all the flour they will take smoothly. Just as the milk comes to the scalding point stir in the thickened eggs, which must

first have a cup of the hot milk mixed with them. Stir, and let it come to the scalding point again; then add one-half teaspoon salt and one-fourth teaspoon pepper and serve at once. Salted wafers should accompany it.

Hominy Crumpets—These must be set over night. Beat well together two cups of milk, four tablespoonfuls yeast, one tablespoonful white sugar, two tablespoonfuls melted butter, four cups of flour and a scant cup of well-boiled hominy. If the large hominy is used it should be chopped. Add salt to taste, and put in a warm place until half an hour before time to bake them; then stir in one-fourth teaspoonful soda dissolved in hot water. Let them stand one-half hour, then bake very quickly in muffin rings or tins, or dropped by the spoonful on a greased baking-pan.

Buttered Apples—Pare and core eight tart apples (what are left can be used for the pudding at luncheon). Put them in a baking-dish and fill the hollow of each with sugar, and a tiny pinch of cinnamon or mace, if liked. As they cook baste them with a tablespoonful of melted butter, in half a cup of hot water. Cover the apples. Boil a cup of sugar and half a cup of water, and a blade of mace five minutes; and when the apples are tender—not broken—pour this over them after they are removed to the dish.

Oyster Shortcake—Make a rich but delicate shortcake dough, using sweet milk and baking powder. Bake in jelly cake tins, in rather thin layers and lightly butter each as it comes from the oven. Drain one quart of oysters, putting the liquor on to scald. Heat a cup and a half of milk and a tablespoonful of butter. Rub smooth a tablespoonful of flour in a little cold milk, and add this to the scalding milk, stirring until it thickens. If half a cup of cream can be had, add it to the milk, it is a great improvement. Put a teaspoonful of butter into the oyster juico after it is skimmed, one-half teaspoon salt, and one-fourth teaspoon pepper, add the oysters, let them scald until they "ruffle," which will be very soon. Then take them out, lay them on a layer of shortcake; pour the juice into the milk, stir well, put a spoonful of this filling over the oysters, lay on another layer of shortcake, then add more oysters, pouring the hot filling over the whole. The dish should be very hot, and it should not stand a minute after being prepared and served. If the cakes are very thin and crisp, three layers may be used instead of two.

Salad of Pigs' Feet—The day before this is needed thoroughly wash three pigs' feet, and cook them until tender in salted water. When they are tender remove from the kettle and drop them into vinegar. In the morning pick out and shred fine and chop the meat, using also the bits of jelly adhering to the meat. Add to this a large teacup of chopped celery or firm white cabbage. Cold boiled potato may be used if preferred. Pour over the salad a French dressing. The mayonnaise dressing is too heavy for this excellent salad.

Apple Pudding—Butter a granite pudding pan and put in a layer of browned bread crumbs. Sprinkle lightly with sugar,

TUESDAY, NOVEMBER THE THIRTIETH.

BREAKFAST.

Oat flakes with cream.
Stewed heart. Graham gems.
Cinnamon rolls.
Coffee.

LUNCHEON.

Popovers. Cheese omelet.
Spiced pears.
Tea.

DINNER.

Piquant pea soup.
Curried mutton. Potato snow.
Cranberries.
Jellied apples.
Coffee.

Stewed Heart—Clean heart, cut up in neat pieces and soak over night in milk. In the morning place in a stewpan, with one bay leaf, one or two slices of lemon; stew slowly with one pint of soup stock. When tender add half teaspoon salt and one-half saltspoon pepper, small bit of red pepper; thicken sauce with a tablespoonful browned flour. Cook ten minutes longer and serve.

Piquant Pea Soup—One pint of green dried peas—or fresh ones. If dried scald in a solution of saleratus water, blanch them thoroughly and cook gently in two quarts of water until tender and soft. Pass them through a sieve. Chop two onions and fry in two tablespoons of butter, add six cloves and one bay leaf and then stir all together. Put in a tablespoonful of salt and a cup of either canned or whole tomatoes. Let the whole cook very slowly for an hour, when, if it seems too thick, add a little boiling water and let it cook a little longer. Then add a pinch of red pepper and a tablespoon of butter, and just before serving a cupful of squares of bread which have been fried brown in butter until of a pretty golden hue.

Curried Mutton—Put four ounces of butter in a stewpan with four minced onions, add an ounce of curry powder, a teaspoonful of salt, a dessertspoonful of flour and half a pint of cream; stir until smooth. Gently fry two pounds of mutton—cut in small, neat pieces—to a light-brown color. Lay the meat in a stewpan and pour the sauce over; simmer very gently until the meat is quite tender.

Jellied Apples—This is a delightful dish. Peel and quarter

Ben Davis apples. Place in a pudding dish, with one cupful of white sugar. Lay over them a plate that fits perfectly tight. Let them bake in a moderate oven three or four hours; set aside to partly cool. Grease a mold scantly. Dot it with bits of bright-colored jelly. Just as apples are commencing "to set" pour them carefully in mold and set away until ready to serve.

Holdrege, Neb. Eda Uhlig.

WEDNESDAY, DECEMBER THE FIRST.

BREAKFAST.

Fruit salad.
Meat croquettes. Lyonnaise potatoes.
French coffee cake.
Coffee.

LUNCHEON.

Creamed shrimps on toast.
Brown bread Brandied peaches.
Cocoa.

DINNER.

Fried chicken with rice.
Flaked potatoes. Celery salad.
Fig pudding, egg sauce.
Coffee.

Fruit Salad—Take equal portions of orange pulp, grape fruit and Malaga grapes, from which the seeds and skins have been removed. Mix these ingredients well together, sugar, and serve in half orange skins.

Meat Croquettes—Take roast beef, pork, veal, mutton or any cold meat left over from the day before. Chop very fine. For one pint of the chopped meat make the following sauce: One tablespoonful of flour, rubbed thoroughly with two of butter; add this mixture slowly to one cup of boiling milk, and stir until thick and smooth. Mix this well with the meat and season with three-quarters teaspoon salt and one saltspoon pepper. Make into small rolls, dip in beaten egg, then in cracker crumbs and fry in hot lard.

Lyonnaise Potatoes—In a tablespoonful of butter brown a tablespoonful of chopped onion; then add a pint of cold boiled potatoes, sliced thin or cut in dice. When they have fried a delicate brown add a teaspoonful of minced parsley and one of lemon juice, saltspoon of salt and serve at once.

French Coffee Cake—Two tablespoonfuls of butter, two-thirds of a cup of sugar, and an equal quantity of milk, the yolk of one egg. Beat these ingredients well together, then add one and two-thirds cups of flour, with which has been sifted one teaspoonful

of baking powder, and lastly stir in the beaten white of one egg. Bake in square tins; when done sprinkle over the top one tablespoonful of granulated sugar mixed with one teaspoonful of cinnamon.

Creamed Shrimps on Toast—Wash and drain one can of Bavarian shrimps. Put in a saucepan two tablespoonfuls of butter; when it melts add the same quantity of flour and rub smooth, but do not brown. Pour on this a quart of milk and bring to a boil. Season with one-fourth teaspoon white pepper and a little minced parsley, add the shrimps and let the mixture stand on the back of the stove until it is thoroughly heated through, then pour over toasted bread.

Fried Chicken with Rice—Half fry a chicken. Then boil half a cup of rice in a pint of water, leaving the grains distinct, but not too dry. Before the rice is added the water must be boiling. Add to the rice a heaping teaspoonful of butter, and when it cools two well-beaten eggs and half-teaspoon salt, pepper and nutmeg, if the last is liked. Put the chicken into a pudding dish, cover with the rice and bake until nicely browned in an oven not too hot.

Fig Pudding—Take half a pound of figs and three-fourths of a cup of sugar; add enough water to keep from burning and cook to a jelly. Mix together one cup of chopped suet, a cup and a half of flour, one teaspoonful of baking powder and one-half teaspoonful of salt; add enough sweet milk to make a soft dough. Roll the dough out, cover with a layer of the cooked figs, roll together like a jelly cake; put into a bag and steam about three hours.

Egg Sauce—One-third cup of butter, two-thirds of a cup of sugar, two eggs well beaten. Pour on this mixture one cup boiling water, flavor with nutmeg or vanilla and cook two minutes.

No. 291 Ontario Street, Chicago. Mrs. C. V. Stockdale.

THURSDAY, DECEMBER THE SECOND.

BREAKFAST.

Baked apples and cream.
Wheat germ mush.
Ham omelet.
Foam griddle cakes.
Maple sirup.
Coffee.

LUNCHEON.

Fricasseed oysters.
Sweet cantaloupe pickle.
Celery.
Baking-powder biscuit.
Tea.

DINNER.

Cream of barley soup.
Beefsteak potpie, suet crust
Spinach (French style).
Dinner bread.
Rennet pudding.
Nuts. Grapes. Raisins.

Baked Apples—Pare and core the apples and bake until soft (time from one-half hour to one hour, according to the kind of apple). For six apples put two tablespoonfuls of water in the pan. The hole made by the removal of the core can be filled by sugar and a small piece of butter if preferred. Eat with sugar and cream.

Ham Omelet—Separate the whites and yolks of six eggs. To the yolks add six tablespoons of milk, a small teacupful of finely chopped ham, a few sprigs of parsley; beat hard. Lastly stir in gently the whites, which have been beaten to a stiff froth. Have ready a tablespoonful of butter heated in a spider, pour in the eggs and stir well with a fork until the pap becomes quite thick. Incline the pan, shake so as to bring the omelet near one of the edges and begin to fold it. It should be long, thick in the middle and soft inside. Time for cooking, five minutes, over a bright fire. Cold chicken or veal can be used, in which case a little salt must be added.

Foam Griddle Cakes—One-half pint of sour milk, pinch of salt, yolk of one egg, a piece of butter size of a hickory nut, enough flour to make a batter; beat all together for five minutes, then add one-third of a teaspoon of soda dissolved in one tablespoon of boiling water, and lastly the white of the egg, beaten to a stiff froth and stirred in slowly and carefully as for sponge cake. Bake immediately on a hot griddle.

The nicest way to grease a griddle is to use a large piece of beef suet tied in a thin cloth.

Maple Sirup—Maple sirup can be made by melting the sugar in boiling water until a sirup a little thinner than molasses is obtained.

Fricasseed Oysters—Put in a saucepan one tablespoon of butter, and when melted add one heaping tablespoon of flour and stir until smooth. Add one cup of oyster liquor strained through cheese cloth, and when it comes to a boil add one quart of oysters, previously drained. Season with three-quarters teaspoon salt and a trifle of red pepper (a little nutmeg if liked. When the oysters curl on the edges they are done. Then stir in an egg which has been thoroughly beaten, and in a minute pour the fricassee over hot crackers. This is a very nice recipe for a chafing dish.

Sweet Pickle Cantaloupe—Cantaloupe pickles should be made in September. Pare the cantaloupes, remove the seeds and cut in strips. To seven pounds of fruit allow three pounds of sugar and one pint of white wine vinegar. Boil the sugar and vinegar

THURSDAY, DECEMBER THE NINTH.

BREAKFAST.

Fruit.
Scotch oatmeal.
Ham croquettes. English crumpets.
Coffee.

LUNCHEON.

Curry of cold meat, rice border.
Thin slices of Boston brown bread and butter.
Thomaston fritters.
Tea.

DINNER.

Economical soup.
Broiled salmon steak, parsley sauce.
"Turkey the second day."
Baked potatoes. Macaroni à la Riccadonna.
Sweet-pickled tomatoes.
Fig pudding, hard sauce.
French coffee.

Curry of Cold Meat, Rice Border—Put three tablespoonfuls of butter in frying pan, and when hot add one onion, chopped. When the onion is yellow stir in three teaspoonfuls of flour and one of curry powder; add soon one pint of stock or water, one-half teaspoonful of salt, one-quarter teaspoonful of pepper, simmer five minutes and strain on the meat; simmer ten minutes longer and serve with a border of hot boiled salted rice. Any kind of cold meat can be served this way. There should be about one pound and a half, sliced as thinly as possible.

Economical Soup—Cover the frame and other bones of a roast turkey with four quarts of cold water and allow to boil slowly for several hours. An hour before dinner time add three leaves of celery, a small bay leaf and one-half teaspoonful of pepper and two teaspoonfuls salt. When ready to serve strain into tureen in which have been placed small squares of crispy toasted stale bread. Should make soup for two days.

Salmon Steaks, Parsley Sauce—Sift cornmeal lightly over slices of fresh salmon, broil over quick fire, season with pepper and salt and butter, pour sauce around and serve.

Parsley Sauce—Work half a cupful of butter and two tablespoonfuls of flour to a cream, pour on one pint of boiling water and stir until it comes to a boil; then remove at once from fire, stir in a tablespoonful of lemon juice and a tablespoonful of

chopped fresh parsley, one-half teaspoonful of salt, one-quarter teaspoonful of pepper and serve.

"Turkey the Second Day"—Cut up fine, put in baking dish with bits of butter, sprinkle lightly with salt and pepper, pour over one cup of water or stock; cover with a thick layer of bread crumbs, over which pour two well-beaten eggs. Bake until brown on top.

Macaroni à la Riccadonna—Put tomatoes from a two-pound can in a saucepan and let simmer until quite thick and jelly like (which will take three hours or more). In the meantime take half a pound of salt pork and a large onion; cut in small pieces and fry to a nice brown, taking great care not to scorch; pour this into the tomatoes and let the whole simmer; cover half a pound or a little more of macaroni with plenty of boiling salted water and boil rapidly for twenty-five minutes; drain, put on platter or dish and pour over it the tomato sauce, and a generous sprinkling of grated cheese over the whole. Serve. What remains can be used in a stew or in soup the following day.

Fig Pudding—One pint of bread crumbs, one cup of suet chopped very fine, one pound of moist figs chopped, three eggs, one cup of sugar and a pinch of salt. Mix well, place in buttered mold and steam three hours. Enough for two days' dessert. Steam until heated through for the second serving.

Hard Sauce—Soften a small cup of butter with two tablespoonfuls of boiling water; stir to a cream; add, a little at a time, two cups of light-brown (yellow) sugar; beat until light and creamy; flavor with a grating of nutmeg during the last beating. Pile upon a pretty glass dish and serve generously upon each slice of pudding. Mrs. S. W. Manney.

Riverside, Ill.

FRIDAY, DECEMBER THE TENTH.

BREAKFAST.

Baked apples, cream and sugar.
Tomato toast.
Breakfast puffs.
Coffee.

LUNCHEON.

Soyers' recipe for cooking eggs.
Potatoes à la duchesse.
Plain bread.
Sweet wafers.
Tea.

DINNER.

Beef soup with okra.
Steamed bluefish.
Mashed potatoes. Diced turnips.
Boiled Indian pudding, vinegar sauce.
Coffee.

Beef Soup with Okra—Fry one pound "round" steak cut in pieces, two tablespoons butter, and one sliced onion until very brown; add to three quarts cold water in soup-kettle and boil slowly one hour, then add a pint sliced okra, and simmer three hours or more, season with a teaspoonful salt and one-half teaspoonful of pepper, strain and serve.

Steamed Bluefish—Place tail of fish in its mouth and secure it, lay on a plate, pour over it half a pint of vinegar seasoned with a saltspoonful of pepper and half a teaspoonful of salt; let stand an hour in a cold place; pour off the vinegar and put in a steamer over boiling water; steam twenty minutes or longer if the fish is very large; drain well and serve on a napkin garnished with curled parsley. Serve drawn butter in a boat.

Boiled Indian Pudding—Warm a pint of molasses and a pint of milk; stir well together, beat four eggs, and stir gradually into molasses and milk; add a pound of beef suet chopped fine, and Indian meal sufficient to make a thick batter; add a teaspoon pulverized cinnamon, nutmeg and a little grated lemon peel, stir all together thoroughly; dip cloth in boiling water, shake, flour a little, turn in the mixture, tie up, leaving room for the pudding to swell, and boil three hours.

Vinegar Sauce—One and a half cups sugar, one and a half tablespoons flour in a little water, two tablespoons vinegar, quarter of a grated nutmeg, and a pinch of salt; pour over this one and a half pints boiling water, and boil ten minutes; just before taking from the stove add one dessertspoon of butter.

Marion, Iowa. Mrs. Chas. Rogers.

SATURDAY, DECEMBER THE ELEVENTH.

BREAKFAST.

Grapes.
Wheatena and cream.
Pork tenderloins. Sanded potato cakes.
Apple gems.
Coffee.

LUNCHEON.

Veal toast.
Home-made rye bread and butter.
Potato rusks.
Boiled apples.
Tea.

DINNER.

Beef stew with dumplings.
Scalloped tomatoes. Vegetable oysters.
Cucumber pickles.
Cranberry shortcake. Coffee.

Apple Gems—Chop four sour apples very fine, stir into them one beaten egg, one-quarter of a cup of molasses, one and one-half cups each of cornmeal and sifted flour, and one-half teaspoonful of salt, dissolve a half teaspoonful of soda in warm water and add it, using enough water to thin batter. Bake in buttered gem pans in a moderate oven.

Potato Rusks—At noon, or after luncheon, take one pint warm water, one yeast cake, one teaspoonful salt and flour enough to make a sponge. In the evening when the sponge is light add one cup lard or butter, one cup of sugar and four eggs; knead and let it rise over night; roll to the thickness of one-half inch, cut with a biscuit cutter and place in well-greased pans, so that they will have plenty of room to rise; when nice and light, bake. This will make about one hundred and they will keep good a week or two.

Boiled Apples—Select nice tart apples, wash and put them in a stew kettle, with stems up; put on enough water to half cover the apples, add two tablespoonfuls of sugar for each one; cover them while they cook; when they are soft through take them up in a deep dish, boil the juice till it is nearly like jelly and pour it over the apples.

Beef Stew with Dumplings—Take two pounds of the neck of beef, two onions, six large potatoes, two quarts of water, two tablespoonfuls of flour. Cut the beef in nice pieces. Put about half of the fat in the stew pan with the onions, and stir for eight or ten minutes over a hot fire; then put in the meat and sprinkle with the flour a teaspoonful of salt and a quarter teaspoonful of pepper. Stir ten minutes and add the water, boiling. Simmer for an hour and a half; then add the potatoes, peeled and cut in quarters. Simmer a half hour longer, then add the dumplings.

Dumplings—One pint of flour, one teaspoonful of baking powder, a quarter teaspoonful of salt. Mix all thoroughly and wet with a small cup of milk; stir into a smooth ball. Sprinkle a little flour on the board and turn the dough onto it, roll to the thickness of half an inch, cut in small cakes.

Vegetable Oysters—Wash a bunch of salsify thoroughly scrape and cut in rather thin slices, stew in water enough to cover them till tender; add a tablespoonful of butter, one teaspoonful of salt and one pint of milk. Thicken with one tablespoonful of flour and some cold milk. Have ready in a dish some slices of nicely toasted bread. Pour the oysters over the toast and serve.

Cranberry Shortcake—One generous pint of flour, two small teaspoonfuls baking powder, one egg, one cup of milk, one tablespoonful of melted butter, one-half cup of sugar. Sift together the

flour and baking powder. Beat the egg; add milk, butter and sugar and mix all together as quickly as possible. Bake in a shallow cake pan. Split while warm and spread with butter and cranberry sauce. Mrs. Mary L. Cavanagh.

No. 421 Reynolds Street, Iowa City, Iowa.

SUNDAY, DECEMBER THE TWELFTH.

BREAKFAST.

Grapes.
Foulds' wheat-germ meal mush—cream and sugar.
Eggs poached in milk.
Fried apples.
Waffles. Coffee.

LUNCHEON.

Scalloped salmon. Potato puffs.
Whole-wheat bread and butter.
Baked apples. Tea.

DINNER.

Tomato bisque.
Roast tame duck. Apple sauce.
Sweet potatoes. Cabbage salad.
Salted wafers. Cheese.
Apple meringue pie.
Nuts. Coffee.

Wheat-Germ Meal Mush—To one quart boiling water add a pinch of salt and stir in slowly one cup of the meal. Boil slowly ten minutes. Serve with sugar and butter or cream.

Eggs Poached in Milk—Three pints of milk in a porcelain-lined skillet heated to a boiling point. Break your eggs into the poacher, set in the skillet and cook slowly on the back of the range until firm. Sprinkle with salt and pepper. The milk neutralizes the sulphur of the eggs, making them much more wholesome to people of bilious temperament.

Whole-Wheat Bread—Five cups whole-wheat flour, two cups warm water, one cake compressed yeast, two tablespoonfuls molasses, one-half teaspoonful salt, little shortening if desired. As the flour is added it should be beaten well; stir with a spoon until stiff enough to knead; work it well; let rise; work down; make into loaves. When very light bake forty to forty-five minutes.

Roast Duck (tame)—Steam two hours in an air-tight cooker. Then rub over with salt and onion juice and brown in the oven, basting often with the gravy. Serve with fresh apple sauce.

Sweet Potatoes—Boil and mash as you do white potatoes. Season to taste. Fill your scallop pan, sprinkle with cracker meal and sugar, pour over half-pint of cream and bake twenty minutes.

Cabbage Salad—Put one-half cup of vinegar and one table-spoonful butter to heat in double boiler. Beat yolk of one egg, one spoonful flour and one of sugar together, add two tablespoonfuls sour cream and cook in the vinegar until smooth. Just before it boils stir in the well-beaten white and pour immediately over your cabbage, which has been chopped and salted.

Apple Meringue Pie—For the paste, one cup flour, three table-spoonfuls butter, a small pinch salt; chop butter and salt into the flour with pastry cutter. Use one-quarter cup ice water to moisten; do not touch with the hands. Roll out and bake over an inverted pie-tin. For the filling, one cup sour apple sauce, one-half cup sugar, one-half cup water. Let come to a boil. Add one tablespoonful cornstarch and cook until it thickens. Fill shell when cold and cover with one cup of thick cream, whipped stiff.

Mrs. Mary M. Pugh.

No. 2614 Capitol Avenue, Omaha, Neb.

MONDAY, DECEMBER THE THIRTEENTH.

BREAKFAST.

Baked apples and cream.
Boston baked beans. Boston brown bread.
Coffee.

LUNCHEON.

Potted ham. Sandwich rolls.
Pickles. Crackers.
Apple cream. Small cupcakes.
Tea.

DINNER.

Vegetable soup.
Scotch collops in demi-glaze.
Roast onions. Macaroni.
String beans, French way.
Chocolate tartlets.
Cheese. Fruit. Coffee.

Sandwich Rolls—Take four cupfuls of light bread dough. Spread it out on the breadboard with the knuckles and then roll it thin. Spread this sheet with one cupful of butter, fold it up and roll out again; fold as before and let it stand a few min-

utes in a warm place. Now roll and fold twice more. Let stand a short time, roll out and cut into biscuits, place in pans, not touching; brush over the tops with a little lard and hot water. Let rise one hour and bake. These are very light and will pull apart in flakes.

Apple Cream—Two cupfuls grated apples, one small cupful sugar, butter size of a walnut, two tablespoonfuls water, one egg, orange or lemon peel for flavor. Either grate or finely mince the apples and put them into a saucepan with the other ingredients and stir them over the fire about ten minutes. Serve hot or cold as you like.

Vegetable Soup—Take eight or ten cupfuls of seasoned stock in which almost any kind of meat has been boiled—the richer the better. Skim off most of the fat. Almost every kind of vegetable can be used. Take a piece of each and cut into dice shapes. Boil the hard vegetables, such as carrots, turnips, onions, celery, etc., together in a pint of water an hour in a little saucepan; drain off the water, put them into the stock and add the easy cooking kinds, such as cauliflowers, potatoes or whatever may be at hand, and simmer one-half hour. At last add a half-cup tomato, small teaspoonful salt, quarter teaspoonful pepper and a tablespoonful cornstarch mixed in a cup of cold water. Cook five minutes and serve. In the summer five cents worth of vegetables will be sufficient.

Scotch Collops in Demi-Glaze—By long stewing and with care small pieces of beef, no matter how tough or coarse the cut, may become perfectly tender and covered with the richest natural gravy without any addition whatever other than plain seasoning. Take two pounds of the neck of beef and cut into small but thick steaks. Put them on in cold water, with a teaspoonful of salt, half as much pepper and boil with the lid on for three hours. As the water boils away stir up from the bottom, lest it stick and burn. As soon as the water is nearly all expelled, and before the saucepan bottom begins to brown, take it off. Put the meat on a hot dish. There will, perhaps, be a teacupful of essence of meat in the saucepan. Skim off the fat if necessary and pour it over the meat for gravy.

Roast Onions—Peel a sufficient number of onions and steam them until done, which will take about an hour and a half. Then bake them in a pan with a little drippings, salt and a sprinkling of sugar to make them brown on top. Serve them in the same dish with the collops, placed around the edge.

Macaroni with Butter—Boil as much macaroni as you wish, salted to taste, in plenty of water, about fifteen minutes. Some kinds of macaroni take longer. Drain off the water and place it on a hot dish. Take one tablespoonful of butter, melt and pour it over the macaroni with a little grated Swiss, or any cheese, a little more salt, a large pinch of pepper and serve very hot.

String Beans, French Way—Drain away the water from a can of string beans, put them in a small saucepan and shake over the fire without water until they are quite hot. Put in a

piece of butter the size of an egg, a half teaspoonful of salt, a half saltspoonful of pepper, and the juice of a lemon or a spoonful of vinegar. When butter is melted and has become hot they are all ready to serve.

Chocolate Tartlets—Four eggs, one-half cake grated chocolate, one tablespoonful cornstarch dissolved in milk, three tablespoonfuls milk, four of sugar, half teaspoonful vanilla flavoring, one-half teaspoonful cinnamon, small pinch salt, a heaping teaspoonful butter. Rub the chocolate smooth in the milk, heat over the fire and add the cornstarch wet in milk. Stir until thickened, then pour out. When cold beat in the yolks of the eggs, sugar and flavoring. Bake in open shells, lining patty pans; cover with meringue; eat cold. Harriet Mann.

No. 1421 Central Street, Evanston.

TUESDAY, DECEMBER THE FOURTEENTH.

BREAKFAST.

Halved oranges.
Farina.
Frizzled dried beef. Baked potatoes.
Hot biscuit. Coffee.

LUNCHEON.

Minced veal. Buttered toast.
Graham bread. Sweet watermelon pickle.
Quince preserve. Plantation jumbles.
Cocoa.

DINNER.

Corn soup.
Broiled venison steak. Currant jelly.
Plain boiled potatoes. Succotash.
Olives. Gherkins.
Cream of rice pudding. Drip coffee.

Plantation Jumbles—One pound of flour rubbed with a quarter pound of butter, one pound of sugar beaten with four eggs, flavor with rose water and nutmeg. Cut out with doughnut cutter, sift sugar over and bake in quick oven.

Broiled Venison Steak—Broil quickly over a clear fire; place upon very hot platter, season to taste with salt and pepper and pour over two tablespoonfuls of currant jelly melted with a tablespoonful of butter.

Cream of Rice Pudding—Wash half a cupful of rice through several waters, put with two quarts of milk, four tablespoons of light-brown sugar, one-quarter saltspoon of salt and a scant tea-

spoonful of vanilla flavoring; bake very slowly for two or three hours, stirring two or three times the first hour of baking. If properly done this is a delicious pudding. The baking must be slow.
Mrs. J. G. Mole.
Batavia, Ill.

WEDNESDAY, DECEMBER THE FIFTEENTH.

BREAKFAST.

Steamed figs.
Codfish balls. Creamed potatoes.
Velvet muffins.
Coffee.

LUNCHEON.

Poached eggs.
Thin bread and butter. Gingerbread.
Baked apples. Buttermilk.

DINNER.

Macaroni soup.
Chicken pie. Steamed sweet potatoes.
Succotash. Chocolate Soufflé.
Coffee.

Velvet Muffins—Set to rise the evening before wanted one quart sifted flour, one level teaspoonful salt; rub into flour four rounding tablespoonfuls butter, add equal quantities of boiled milk and water, enough to make a stiff batter. Stir in one cake of yeast foam previously dissolved in lukewarm water. In the morning add three well-beaten eggs, and half fill each muffin ring, which has been well greased and placed in baking pan; let rise and bake about fifteen minutes in brisk oven.

Buttermilk is said to be a wholesome drink for luncheon, especially good for corpulent people and dyspeptics. If put into clean bottles and canned or sealed will keep for a long time.

Chocolate Soufflé—Soak the crumb of a French roll, or its equivalent of any stale cake, in cold milk; squeeze it out and beat up until quite light; then beat in two rounded tablespoonfuls butter, one-half cup sugar and the well-beaten yolks of four eggs; when well mixed add three squares of grated chocolate and the well-whisked whites of the eggs. Beat until light, pour into a buttered tin and bake in a brisk oven. Do not open the oven for at least ten minutes. Serve with cream.
Mrs. Lavinia Bruce Franklin.
No. 687 Fisk Street, Appleton, Wis.

THURSDAY, DECEMBER THE SIXTEENTH.

BREAKFAST.

Sliced oranges and apples.
Minced veal on toast.
Eggs à l'Oudinot.
Hot breakfast rolls. Coffee.

LUNCHEON.

Hominy croquettes. Bread and butter.
Fig sandwiches.
Ginger drop cakes. Tea.

DINNER.

Cream of spinach soup.
Timbales of chicken.
Flaked potatoes. Mushroom sauce.
Stuffed peppers, à la Champlain.
Thanksgiving plum pudding. Coffee.

Sliced Oranges and Apples—Slice three of each alternately into a glass dish the night before serving; pour over them the juice of one orange, one lemon and a half-cup of sugar.

Minced Veal on Toast—Place over the fire in an enameled kettle three-quarters of a pound of fresh minced veal; cook five minutes with a small amount of hot water; add half a teaspoonful of salt and a pinch of pepper, and lastly one cup of sweet cream. Toast six pieces of bread delicately, cut away the crusts and place on a platter; pour the minced veal over and send to the table hot.

Eggs à l'Oudinot—Four eggs, one-quarter of a pound breakfast bacon, one small tomato (or the pulp of two canned ones), one peach (fresh or canned), four or five mushrooms (fresh or canned), one saltspoon of salt, one of white pepper and two ounces of butter. Chop the bacon, tomato, peach and mushrooms into dice. Put all together into a frying-pan and cook until the bacon is tender. Have the eggs beaten to make the omelet, and season with the pepper and a dash of the salt. Rub the saucepan with beef suet, put in the butter, then the eggs and cook as usual. When the omelet is ready to turn spread the bacon and condiments over it quickly. Place upon a hot dish and send to table garnished with parsley sprigs.

Fig Sandwiches—Slice thin and evenly white bread, spread with butter, cut away the crusts; mince fine six figs and twelve good fresh raisins. Spread between the slices.

Cream of Spinach Soup—Pick over and wash one pound of spinach, put into a saucepan with a little water and cook until

thoroughly done. When tender press through a fine sieve. Mix one ounce of butter and one ounce of flour in a saucepan, add the spinach, cream, one-quarter teaspoonful salt and one-quarter saltspoonful of pepper; add one quart of well-flavored soup stock. Let the soup come nearly to a boil, then remove from the fire and stir in the yolks of two eggs well beaten up with a little lemon juice; season with salt and pepper. Serve with croutons.

Stuffed Peppers à la Champlain—Take five green peppers, wash them, then put them into hot grease and blanch until tender. Remove from the fire and wipe the skin with a cloth. Cut off the tops and take out the seeds. Take an ounce of butter, chop a third of a cup of shallots and fry in the butter, adding a half-can of chopped mushrooms. Season with tomato sauce thickened with bread crumbs and one-half teaspoonful of salt. Put this filling into the peppers, cover with crumbs and bits of butter and bake ten minutes. Place on the serving platter and send to table with Bechamel sauce poured over them.

Thanksgiving Plum Pudding—Six butter crackers rolled fine and soaked in three pints of milk. Cream, one-quarter of a cup of butter with one cup of sugar, add a half-teaspoonful of salt, one teaspoonful of mixed spice and six well-beaten eggs. Stir it all well into the milk and add one pound of the best raisins. Bake in a deep pudding dish well greased with cold butter. Bake very slowly in a moderate oven three hours. Stir several times during the first hour to keep the raisins from settling. Good.

Holyoke, Col. Mrs. Jessie McClellan.

FRIDAY, DECEMBER THE SEVENTEENTH.

BREAKFAST.

Bananas.
Graham or brown bread brewis.
Sausage rolls. Light loaf.
Lyonnaise potatoes.
Coffee.

LUNCHEON.

Lamb cutlets. Cream cheese.
Arrow-root biscuit.
World's Fair gingerbread. Tomato marmalade.
Tea.

DINNER.

Scalloped oysters. Mashed potatoes.
Roasted onions.
Baked apple pudding. Coffee.

Graham or Brown Bread Brewis—Heat three cups of milk in a double boiler; season with one tablespoonful of fresh, sweet butter and one teaspoonful salt. Stir into the milk when near to boiling enough Graham bread crumbs to make a porridge as thick as ordinary oatmeal. Cook ten minutes. Serve with whipped butter and brown sugar, or with cream and sugar. Brown bread crumbs may also be used.

Lyonnaise Potatoes—Chop six large raw potatoes very fine; cut an onion into a frying-pan with a tablespoonful of good butter, or, better still, bacon drippings. When brown add the potatoes seasoned with teaspoonful of salt and six free dashes of pepper; stir often and fry until all are well browned. Beat the yolks of two eggs, take the potatoes from the fire steaming hot, quickly stir into them the beaten yolks, turn them out on to a platter, bank them up into a mound, strew with chopped parsley and serve hot. These are delicious.

World's Fair Gingerbread--Here is highly spiced gingerbread that will keep for a long time and makes a fine cake for travelers' lunch. Thoroughly sift two quarts of flour and one even teaspoonful of saleratus together into a pan. Rub into it one cupful of butter and one pound of good brown sugar; add to the mixture one pint of New Orleans molasses, of the purest quality, six well-beaten eggs, one after-dinner coffee cupful of ground ginger, one tablespoonful of cinnamon and a teaspoonful of salt. This makes a soft dough, too soft to roll. Lift it on to your board with a knife and spread it to an equal thickness with it. Cut into small cakes, lay them far apart in buttered pans and bake in a quick oven.

Arrow-Root Biscuit—Put into a mixing pan two coffee cupfuls of arrow-root and one of wheat flour. Rub one small teacupful of butter into the flour and one teaspoonful of salt. Stir in gradually a very little rich milk, just enough to make a stiff dough, flavor it with the grated yellow rind and juice of a lemon and a few gratings of nutmeg. Roll thin and cut with a biscuit cutter; bake in a hot oven and brush each biscuit over with the beaten white of one egg and a quarter of a pound of powdered sugar whipped together.

Roasted Onions—Select large onions of a uniform size; do not remove the outer peeling, but roast them slowly in a bake-pan with their "jackets" on. When tender peel them and lay them in a covered dish, steaming hot; heat a large tablespoonful of good butter in a pan, rub into it a teaspoonful of flour and turn in one-half cup of cream. Heat it hot, but do not scorch the butter or let it boil. Add one-half teaspoonful of salt, one-quarter teaspoonful of pepper. Turn this sauce over the onions and serve.

LaRissa F. Richardson.

No. 1312 Lill Avenue, Chicago.

SATURDAY, DECEMBER THE EIGHTEENTH.

BREAKFAST.

Pettijohn with cream.
Foamed apples. Spoon rolls.
Diced liver.
Coffee.

LUNCHEON.

Chocolate.
Baked hash. Egg toast.
Lettuce or cress.
Fruit.

DINNER.

Split-pea soup.
Beefsteak rolls.
Mashed sweet potatoes—browned. Sliced bread.
Apple dumpling.

Foamed Apples—Six large apples, washed, cored and cut in thin slices. Have the skillet very hot and put in the apples and place skillet on the back of stove and cover. Keep apples stirred so they do not stick, until they are tender and foam up; then add sugar to taste. Stir well and let brown slightly. You have a delicate dish and no grease.

Diced Liver—Beef liver, one pound, cut into small squares. Have skillet hot and melt therein two dessert spoons butter; put in liver and let it cook to a light brown; one coffee cup milk, let come to a boil; one full teaspoon cornstarch dissolved to a smooth paste in a little cold milk. When milk boils stir in cornstarch and half-teaspoon salt, dash of red pepper, parsley cut very fine; stir all well; then add the liver and a teaspoon tomato catchup if liked.

Spoon Rolls—Three pints sifted flour, one egg well beaten, kitchen spoon of lard or butter, two tablespoons white sugar (granulated), one-half teaspoon salt, one-fourth of a compressed yeast cake dissolved in a teacup tepid water, one pint mild scalded and cooled. Beat all together into a smooth batter; put in bowl to raise and cover; set at bedtime in a moderately warm place. In the morning have muffin pans greased, and without stirring down take batter out lightly in a spoon and half fill each little compartment. Let rise about an hour and bake in a good oven about twenty minutes.

Baked Hash—One and one-fourth pounds of shoulder or neck of lamb, lean; cover with boiling water and cook until tender. Then take out bones and gristle and chop very fine; add three boiled and creamed potatoes, tablespoon butter, one-half tea-

spoon of salt, pepper, a tablespoon parsley very fine, a minute quantity of onion if preferred; mix all together, put in baking dish; pour over a tablespoon milk, add grated bread crumbs and a little butter to brown. Baked twenty minutes. Serve in same dish, with napkin folded around outside.

A French dressing of tablespoon of olive oil, teaspoon vinegar and a little salt is all that is needed for salad at luncheon.

Split-Pea Soup—Two coffee cups English split peas. Soak over night in one quart of water. Have a knuckle of veal or beef soup bone and one quart of water; one-half teaspoon of salt; add the soaked peas and cook slowly six or seven hours until thick as a rich cream. Mash and strain into hot soup tureen. A little mace or pepper can be added if desired.

Beefsteak Rolls—Two pounds round of beef cut one-half inch thick, then into rather small pieces so when tied together they will be size of a French roll. Cut one inch bread for each piece, butter both sides, a pinch of salt and pepper and one clove in each (if to taste). Roll and tie each piece of meat around the bread. Put in skillet, cover with boiling water and lid. Let simmer until tender—three or four hours. Thicken gravy and add any seasoning desired—catchup, parsley, soupçon of onion and a sweet potato minced very fine add flavor also. Take off strings and serve in hot dish with gravy over the rolls.

Apple Dumpling, Boiled—Cut into small pieces one-quarter peck apples, after paring; one pint milk, two eggs well beaten, pinch salt, one pint flour, lightly measured; beat milk, eggs, flour together, then add two teaspoons of yeast powder, sifted, beat all well, then add last the apples, after flouring them lightly with sifted flour. Have ready a pudding bag or tin with tight cover; put in pudding and tie on cover, leaving a little space for flour to swell. Have a large pot of water boiling as hard as it can, and after putting pudding in keep it boiling hard for one hour and a quarter. Serve with creamed butter and sugar, a little nutmeg, or cream and sugar. It is very light, delicate and delicious when properly made. Mrs. Thomas Turtle.

No. 2815 Q Street, Washington, D. C.

SUNDAY, DECEMBER THE NINETEENTH.

BREAKFAST.

Stewed nectarines.

Broiled mutton kidneys. Bread griddle cakes.

Coffee.

LUNCHEON.

Bread and butter.

Sardines on lettuce. Crisped crackers.

Fruit cake. Preserved ginger.

Russian tea.

DINNER.

Fish au gratin.
Boiled turkey, celery sauce. Mashed potatoes.
Macaroni à l'Italienne. Nesselrode pudding.
French coffee.

Boiled Turkey—Clean and truss a ten-pound turkey as for roasting, rub into it two teaspoonfuls of salt and put into boiling water to cover. Simmer gently three hours if young. Serve with celery sauce, some poured over the turkey and the rest in a gravy boat.

Macaroni à l'Italienne—Break and wash half a pound of macaroni, throw into three quarts of salted boiling water and boil rapidly for twenty minutes. Put one pint of milk in a double boiler, rub four tablespoonfuls of butter and two of flour. Stir this into the boiling milk, add half-teaspoonful of salt, saltspoonful white pepper and dash of red pepper, and half a pound of grated cheese; one tablespoonful of dried mustard may be added if desired. Drain and dish the macaroni, pour the sauce over it and serve immediately.

Nesselrode Pudding—Boil a pint and a half of shelled chestnuts half an hour, rub off the black skins and pound to a paste; blanch one pint of shelled almonds and pound in same manner; boil one pint of water and one pint of sugar and the juice from a pint can of pineapple for twenty minutes; beat the yolks of ten eggs and stir them into this sirup. Put the saucepan in another of boiling water and beat the mixture with an egg beater until it thickens; then put in a basin of cold water and beat for ten minutes. Mix the almonds and chestnuts with a pint of cream; add half a pound of candied fruit and the pineapple cut fine. Mix this with the cooked mixture, add one tablespoonful of vanilla extract, a quarter teaspoonful of salt, and freeze same as ice cream. Half this recipe is ample. Mrs. F. F. Ryther.
No. 664 Wright Street, Chicago.

MONDAY, DECEMBER THE TWENTIETH.

BREAKFAST.

Oranges.
Cracked wheat and cream.
Vienna potatoes. Broiled pork tenderloins.
Buckwheat cakes, maple sirup. Coffee.

LUNCHEON.

Deviled crabs. Sweet potato croquettes.
Cheese sandwiches. Caramel cake.
Tea.

DINNER.

Corn soup.
Cold turkey, cranberry jelly. Browned potatoes.
Piedmont turnips. Celery. Prune whip.
Coffee.

Vienna Potatoes—Peel cold baked potatoes, carefully removing every particle of the brown color; cut into dice. Heat one cup of thin cream in a saucepan. Mix until smooth—one small tablespoonful of flour, and the same of butter; add this to the hot cream, season with salt and pepper, a pinch of cayenne. Add the potatoes, carefully stirring until all are covered with the cream. Let stand a moment on the stove till thoroughly heated through, then serve at once.

Deviled Crabs—One can of crabs, the same quantity of fine bread crumbs, two tablespoonfuls of butter, the juice of half a lemon, half a teaspoonful of made mustard, one teaspoonful of salt, and a dash of cayenne pepper. Pack the mixture into shells, sift with powdered cracker. Pour over each shell a tablespoonful of cream. Place the shells in a flat tin and bake in a hot oven.

Caramel Cake—Two cups of sugar, half a cup of butter, one cup of milk, three cups of flour, two level teaspoons of baking-powder, whites of four eggs. Bake in three layers.

Caramel Filling—One cup of cream, two cups of yellow "C" sugar, one tablespoon of butter, cook about forty minutes or until thick and brown. Remove from fire, flavor with vanilla and stir until cool and of the right consistency to spread between the layers.

Piedmont Turnips—Boil turnips till nearly done, then cut in thin slices. Butter a pie dish and put in the slices; moisten with a very little milk, or weak soup stock; dust them lightly with fine bread crumbs, pepper and salt, and bake in oven till a light golden brown. Serve on a hot platter. Mrs. W. J. Meader.

No. 200 Division Street, Elkhart, Ind.

TUESDAY, DECEMBER THE TWENTY-FIRST.

BREAKFAST.

Delaware grapes.
Boiled oats, sugar and cream.
Eggs in bread sauce. Beaten biscuits.
Coffee.

LUNCHEON.

Deviled toast. Hot Kentucky rolls.
Cup cake. Hot tea.

DINNER.

Peanut soup.
Vienna steaks. Celery. Baked potatoes.
Macaroni. Peach shortcake.
Black coffee.

Eggs in Bread Sauce—Slice one good sized onion (Spanish), pour boiling water over it and let stand five minutes, then drain and cover onion with two cupfuls of milk, add two cloves and a quarter teaspoonful of salt, and simmer one half hour. Rub through a sieve, pressing through as much onion as possible. Put one heaping tablespoonful of butter and one of flour in a sauce pan, and when melted and mixed add the milk and onion and stir until smooth; add one-half cup of stale bread crumbs, a quarter teaspoonful of salt, a saltspoonful of white pepper and a dash of mace. Turn into a baking dish, slip in carefully five eggs and put in a very hot oven until the eggs are set.

Deviled Toast—Use brown bread which is at least one day old; cut in thin slices and toast slowly until a nice brown. Spread with butter to each tablespoonful of which has been added one-quarter of a teaspoonful of dry mustard, one-quarter teaspoonful paprika and ten drops of onion juice. Dust with grated cheese and set in hot oven for three minutes.

Hot Kentucky Rolls—One cup oat flakes scalded with one-half cup boiling milk; add to these when cold, one-third cup of molasses, one level tablespoonful of butter, one-quarter cup of yeast, and beat for five minutes. Thicken with flour, as for ordinary bread, leaving dough rather soft. Let rise over night, and in the morning mold into small rolls, let rise until quite light, glaze with white of an egg and bake in moderate oven. These are excellent, and repay the trouble in preparing them.

Peanut Soup—If you want to try a new soup that has a fine flavor and a great deal of nutriment, shell a pint of peanuts, remove the red, paper-like covering (first roasting them in their shells). Grind the nuts to a fine powder by rolling them. Use the powdered nuts in a cream soup, made from a pint of milk and a pint of water, a small tablespoonful of flour and a large one of butter rubbed together, one teaspoonful of salt, one saltspoon of white pepper. The soup may also be made without milk, using a quart of water, and serving with thin slices of lemon in each soup dish.

Peach Shortcake—Make a rich pastry. Roll thin and bake in three crusts in pie pans. Let them get thoroughly cold. If one cannot get fresh peaches, use canned fruit; mash well, spread between the crusts. Put in a cold place. Serve with whipped cream. This is delicious and quite inexpensive.

Bowling Green, Ky. Mrs. Lucien David Potter.

WEDNESDAY, DECEMBER THE TWENTY-SECOND.

BREAKFAST.

Stewed fruit.
Rice Muffins. Soft boiled eggs.
Thin bread and butter. Coffee.

LUNCHEON.

Gâteau of cold meat.
Baked potatoes (in their jackets). Molded prunes.
Cocoanut buns. Tea.

DINNER.

Dried green-pea soup.
Ragout of rabbit. Sweet pickles. Potatoes à la crême.
Parsnips. Amber pudding.
Coffee.

Gâteau of Cold Meat—One-half pound of meat, two ounces of bread crumbs, one small onion, one tablespoonful of fat, one-half gill of gravy, one teaspoonful of parsley, two yolks and one white of eggs; grease a cake tin and well cover it with bread crumbs; mince the onion and fry it in the fat; mince the meat and parsley fine; put all the ingredients into a basin and mix well; add one-half teaspoonful of salt (scant), just a dash of pepper; add the gravy and eggs, beaten; put it into the cake tin. Bake in moderate oven three-quarters of an hour.

Molded Prunes—One pound of prunes, three ounces of granulated sugar, one ounce of gelatine, the rind and juice of one lemon, one pint of water, six drops cochineal; boil the prunes in the water and sugar until quite soft, then take out the stones, crack the kernels and add them with the lemon juice and rind, six drops of cochineal and the gelatine dissolved in a little water; stir all until thoroughly mixed; pour into a mold, set in a cool place till ready to serve, when turn it out on to a pretty glass dish.

Cocoanut Buns—Three-fourths of a pound of flour, one-fourth pound of cocoanut, one-fourth pound of white sugar, three ounces of butter, two teaspoons of baking powder, one egg, one gill of milk and one-half teaspoonful of salt. Cream the butter and sugar well together, add the milk and egg by degrees, also the flour, baking powder and cocoanut; mix well, shape into buns and bake twenty minutes. This quantity will make twenty-four buns.

Dried Green-Pea Soup—One pint of dried peas, two onions, one turnip, one carrot, some outside leaves of celery, one teaspoon of salt, one-half teaspoon of pepper; soak the peas for twelve hours, put them on to boil in two quarts of cold rain water; wash and cut up the vegetables, and when the water boils add them to the peas, also the salt and pepper, and let all boil slowly for three

hours; stir often; after that time pour through a sieve, rub all through that is possible, put back into saucepan to get quite hot; serve with crisp toast cut into dice.

Ragout of Rabbit—One rabbit, one-half pound of bacon, one carrot, one onion, one ounce of flour, one-fourth teaspoon of pepper; wash and clean the rabbit, cut it into joints and dry the pieces in a cloth, cut the bacon in slices and fry in a stewpan; when the bacon is done fry the rabbit brown, brown the flour in the fat, then stir in one quart of water, add the carrot and onion cut in quarters, add the pepper, and if the bacon does not make it salty enough to suit your taste add one-fourth teaspoon of salt, boil gently one hour and a half; serve the rabbit with the bacon round and the gravy poured over it.

Potatoes à la Crême—Slice the potatoes as for frying and soak in cold water half an hour; parboil in a frying-pan, pour the water off and let them stand on the fire uncovered till the steam is driven off; brown one spoonful of butter and pour over them, then cover the potatoes with milk in which they should boil till done; add half teaspoon of salt, one-fourth teaspoon (scant) of pepper; watch lest they burn; there should be just milk enough when done for a creamy gravy, thickened by the starch of the potatoes.

Amber Pudding—Six large apples, three ounces of moist sugar, one lemon, two ounces of butter, three eggs, puff paste, a few preserved cherries; peel, core and slice the apples; place them in a stewpan with the butter, sugar and lemon rind and let them stew slowly until tender; then rub them through a fine sieve; line the edges of a pie dish with puff paste and decorate it tastefully; add the yolks of the eggs to the apples and pour the mixture into the pie dish; bake it in a moderate oven about twenty minutes; whip the whites very stiff and spread them over the apple; dredge over a little white sugar, garnish with a few preserved cherries, then place the pudding in a cool oven to set the white of egg; it will take about ten minutes and should get a very light brown.

Anderson, Ind. Mrs. H. Ross Edwards.

THURSDAY, DECEMBER THE TWENTY-THIRD.

BREAKFAST.

Bananas.

Broiled beefsteak. Potato croquettes.

Sally Lunn. Vienna coffee.

LUNCHEON.

Frizzled oysters. Bread and butter.

Lettuce sandwiches.

Tea.

DINNER.

Puree of peas.
Baked ham, cider sauce. Boiled potatoes.
Spinach, French style. Mock pineapple salad.
Coffee.

Frizzled Oysters—Place a frying pan over the fire, into it put four tablespoons of butter. To one pint of oysters, use three well beaten eggs, and one cupful of cracker crumbs. Mix the eggs and crackers together gently, and turn them into the frying pan, then turn in the oysters, liquor and all. Add a small saltspoon of salt, a third of a saltspoon of pepper. Shake the pan over the fire thoroughly, and turn the contents over; allow to cook until the eggs are well done, about seven minutes. Serve in oyster plates garnished with young celery stalks and leaves.

Baked Ham—Procure a very small ham. If salty soak over night in cold water, scrape and boil gently until tender. Then skin it, and remove extra fat. Cut the ham through—with a sharp knife—to the bone (on the underside of ham). Remove the bone; make a dressing; one cupful of bread crumbs, one tablespoon of butter, one saltspoon of pepper and a pinch of pounded sage. Moisten with water and fill the ham where bone was taken out. Take yolks of two hard boiled eggs, add to them water enough to moisten—use the liquor ham was boiled in for this—and spread over the ham. Grate bread crumbs over all. Sprinkle on a little pounded mace, and stick six cloves into the ham, promiscuously. Put in the oven in a covered roaster and bake half an hour. Remove cover, sprinkle with a tablespoon of sugar and brown. Then slice, evenly, from the end to be served, the first cut. Slip on to a serving platter, garnish with rings of the hard boiled whites of eggs, hang a twig of parsley or watercress over the end of ham, where it is to be sliced, and serve.

Cider Sauce for Ham—Mince the slice of ham, toss into the roasting pan ham was baked in, set over the stove and fry brown, into this stir a little more than one tablespoon of browned flour and brown together, being careful not to scorch it. Add to this one-half cup of cider, if fresh and sweet; if not, use only one-third of a cup and an equal amount of hot water; salt and pepper to taste. Strain through a sieve.

Mock Pineapple Salad—Core and peel three nice large apples, slice them thin and against the grain of the fruit. Peel two fine oranges and remove the thick outside white pulp, slice them rather thicker than the apple, and, like them, crosswise. Lay a slice of orange upon a slice of apple as near the same size as possible. Save every drop of orange juice for the sirup. Place the double slices in a circle in a glass dish. Pour the juice you have collected over the fruit. Sift white sugar thickly over it, also the juice of a lemon, or more if the fruit used is very sweet. Splendid.

Holdrege, Neb. Mrs. Max Uhlig.

FRIDAY, DECEMBER THE TWENTY-FOURTH.

BREAKFAST.

Stewed prunes.
Curry of tripe. Hashed brown potatoes.
Doughnuts. Dripped coffee.

LUNCHEON.

Bouillon.
Fried cornmeal mush. Welsh rarebit. Bread and butter.
Prune sponge. Tea.

DINNER.

Black bean soup.
Salmon croquettes, sauce Italienne. Baked macaroni.
Whipped potatoes. Marchioness pudding.

Curry of Tripe—Take the tripe as it comes from the market (it is ordinarily cooked). Place on fire in cold water, with a teaspoonful of salt added. Parboil fifteen minutes. Pour off that water and put on again in cold water; boil again fifteen minutes. Take from the stove; drain the tripe in a colander. Boil one-half cup of rice until tender. At the time of putting on the rice, slice and brown in a saucepan two onions in two tablespoons of butter or drippings; then add the tripe after draining it in the colander, and enough hot water to cover, season with salt and pepper and let it cook until the rice is done. Add a tablespoon of curry powder to the tripe. Stir it up and dish the tripe with the rice around it. If the tripe is not pickled, add a tablespoon of vinegar before taking up.

Italienne Sauce—Put one tablespoonful of butter in your saucepan and add to it two tablespoonfuls of shallots chopped fine; cook until a light brown. To this add two tablespoonfuls of mushrooms, chopped fine and a teaspoonful of minced parsley. Cook this five minutes. In another saucepan mix thoroughly a tablespoon of butter with one of flour; to this add one cup of white stock (or broth); season to taste and cook eight minutes. Strain the first mixture and pour into this sauce and let it stand over the fire while you add a level tablespoonful of butter and two teaspoonful of lemon juice. Stir until very smooth.

Atlanta, Neb. Mrs. L. B. Foote.

MENU FOR CHRISTMAS.

BREAKFAST.

Fruit.

Maizena and cream.

Potato and ham sandwiches. Finger biscuits.
Raised flannel cakes. Coffee.

DINNER.

Raw oysters with sliced lemon.
Thin bread and butter.

Tomato bisque.

Lobster chops.
Roast goose, apple sauce.
Giblet gravy. Stuffed onions.
Mashed potatoes.

Wild cherry and almond sorbet.

Celery salad with mayonnaise dressing.
Grated cheese. Salted wafers.

Christmas pudding—foam sauce.
Kisses filled with whipped cream.
Grapes. Nuts. Dates.
Coffee.

LATE LUNCHEON.

Slices of roast goose—deviled.
Celery salad sandwiches.
Cocoa. Fruit.

Potato and Ham Sandwiches—Into a pint and a half of well-seasoned mashed potatoes stir two eggs without beating. Spread two tablespoonfuls of this potato out smoothly, and lay on it a slice of neatly trimmed boiled ham. Cover this with potato, pinch the edges together well, lay in boiling lard and fry a delicate brown. Scraps of any kind of meat minced and seasoned may be used instead of the slices.

Finger Biscuits—Mix and sift three times one quart flour, two heaping teaspoonfuls of baking powder and a teaspoonful of salt. Stir in sweet milk enough to make a soft dough. Flour the breadboard and turn out the dough on it, touching it as little as may be. Beat to a cream two tablespoonfuls butter, one teaspoonful lard and one tablespoonful sugar. Spread this on the dough, double the dough over it, flour it slightly and press it out with the rolling-pin half an inch thick. With a knife cut the dough into strips finger length. Lay them close together in the pan and bake in a quick oven. They are peculiarly delicate.

Raised Flannel Cakes—Boil a pint and a half of sweet milk and let it stand till lukewarm. Add two large tablespoonfuls yeast and pour upon one pint flour, one-half pint cornmeal; one teaspoonful salt and one tablespoonful sugar, mixed well together. Cover closely and put in a warm place. In the morning add two eggs, beaten separately. Let the batter stand fifteen minutes, if convenient, after adding the eggs. Bake on a hot griddle.

Lobster Chops—Put one large tablespoonful of butter into a saucepan, and when it bubbles stir in three tablespoonfuls of flour. stir till the flour is cooked, and pour in a cup of cream or rich milk and two cupfuls of boiled lobster, cut into dice. Stir till scalding hot, take from fire, and when cool add beaten yolks of two eggs, one-half grated nutmeg, salt and pepper to taste. When the mass is cold form into chops that are pointed at one end, roll in beaten egg, then in cracker crumbs; fry in a wire basket in boiling fat. Drain well; put a claw into the end of each chop. Serve on a folded napkin. Garnish the dish with parsley.

Roast Goose—Select a young goose, which can be told by a brittle windpipe, white skin, plump breast and yellow feet; the web should tear easily. An old goose is known by its red feet. Singe, draw, wash and wipe the goose. Beat the breast flat with a rolling-pin, draw up the legs and skewer both legs and wings close to the body. Stuff with the following dressing: One pint stale bread crumbs, two medium-sized onions boiled and mashed, one-half teacupful boiled rice, one teaspoonful powdered sage, one-half teaspoonful salt, one-fourth teaspoonful pepper, one tablespoonful melted butter and one-half teacupful milk. Roast in a covered pan, allowing rather more than twenty minutes to the pound. Baste frequently with the following mixture: One teaspoonful made mustard, a saltspoonful salt, a dash of cayenne, a large tablespoonful melted butter, a teacupful hot water, a teaspoonful vinegar. This basting is a great improvement.

Giblet Gravy—Boil the giblets slowly two hours, or until tender, with a slice of onion, three or four peppercorns and a blade of mace. When ready to make the gravy, take two tablespoonfuls of oil from the roasting pan of the goose; add the water the giblets were boiled in, enough water to finish the gravy, the giblets, chopped very fine, and flour to thicken. Boil up and serve in a gravy boat. A cup of rich milk improves this gravy.

Stuffed Onions—Boil fine white onions in slightly salted water for one hour, changing the water three times. Lift them out onto a cloth and scoop out a portion from the center. Fill the cavity with a dressing of two tablespoons bread crumbs, one large teaspoon grated cheese, one teaspoon catchup, a little cream, salt and pepper. Mash a little of the onion with these. Wrap each onion in a piece of buttered tissue paper and twist the paper securely at the ends. Bake in a buttered pan in a moderate oven nearly an hour more. Remove paper, put into a deep dish, sprinkle a little salt and pepper over and pour melted butter over the tops.

Wild Cherry and Almond Sorbet—One quart water, one pint white sugar, juice of one lemon, six sweet almonds, blanched and pounded; one bitter almond, a wineglassful of wild cherry sirup. Freeze in a freezer; when half frozen add the beaten whites of three eggs. Serve in glass cups. The yolks of the eggs can be used in the mayonnaise dressing for the celery salad.

Christmas Pudding—Prepare all the fruit for this one week beforehand. Remove all membrane and strings from one-half pound beef suet and add to it one tablespoonful butter and one ounce chopped almonds; then one large teacup of bread crumbs, soaked in milk and squeezed dry; next two cups sifted flour; next one ounce each of citron, candied lemon and orange peel; one-half pound each raisins and currants, one teaspoonful cloves, two of cinnamon, one of mace, one grated nutmeg, one tablespoonful salt, one teacup sugar, milk to make a stiff batter—try one cup—six eggs beaten separately, whites added last. Flour all the fruit, shaking it well to separate the bits. Dissolve one teaspoonful soda in a little hot water and stir in. Let the batter stand two hours, then pour into a buttered pail, cover closely and steam four hours. Five hours will make the pudding darker and richer in appearance.

Foam Sauce—Beat two cups sugar and three tablespoonfuls butter to a cream, add yolks of two beaten eggs. Place the bowl in hot water and add, a little at a time, six tablespoonfuls boiling water; stir well. It should be, when ready, a smooth yellow sirup. When ready to serve turn into the bowl and put the beaten whites of the eggs on top. When the sauce is to be helped stir the white of egg into the rest.

"Devil" for Slices of Goose—Scald one cup milk; while it is scalding mix with a heaped tablespoonful bread crumbs, one teaspoonful made mustard, one-half teaspoonful salt, one-fourth teaspoonful pepper; add to this one large tablespoonful butter and one teaspoonful catchup. Rub one tablespoonful flour and one of butter together and stir into the scalding milk; when it thickens add gradually to the other mixture, and, lastly, one beaten yolk of egg. Return to the fire, heat through, remove at once and spread on each slice of goose. Miss M. E. Wright.

Cairo, Ill.

SUNDAY, DECEMBER THE TWENTY-SIXTH.

BREAKFAST.

Bananas.
Wheatlet with cream.
Steamed eggs. Rice cakes, maple sirup.
Coffee.

LUNCHEON.

Cream salmon.
Bread and butter. Prune jelly.
Cake. Tea.

DINNER.

Cream of lima bean soup.
Roast beef. Baked potatoes. Stewed tomatoes.
Fig pudding. Coffee.

Here is bread which strengthens men's hearts,
And therefore is called "The Staff of Life."

Perfect Bread—To make good bread, be careful to procure the best of flour, as it is poor economy to purchase an inferior article. To make four loaves of perfect bread, take two small quarts of milk, and heat to boiling over hot water, then set aside to cool; when just warm, dissolve in the milk one cake of compressed yeast. Sift four large quarts of flour with two level teaspoonfuls of salt and two level tablespoonfuls of granulated sugar. Place in a large bowl or bread pan, and warm, if the weather is cold. Make a hole in the center and pour in the milk and yeast; work in slowly the flour with the hand, or a large spoon, and if too soft sprinkle with a little flour and knead well. Cover, and set in a moderately warm place to rise. In the morning, knead thoroughly and work in a tablespoonful of good sweet butter. After kneading thoroughly, put in four long narrow pans; when the loaves rise to twice their size place in the oven, and bake about forty-five minutes. The oven should be very hot at first, that the heat may penetrate the dough without hardening the outside; bake a fine brown, and remove from the pans immediately when done.

This is an excellent recipe, and was awarded first prize, given by a prominent eastern newspaper for the best recipe for making bread.

Fig Pudding—One pint of well cooked salted pearl barley, two cups of finely chopped figs (the best), one-half cup of sugar, two cups of milk. Mix thoroughly, turn into an earthen pudding dish, and place the dish in the oven in a pan half full of boiling water; bake slowly until the milk is nearly absorbed. Stir once or twice that the figs may be distributed equally through the pudding. A delicious pudding, which requires no sauce.

Marion C. Wilson.

No. 6407 Lexington Avenue, Chicago.

MONDAY, DECEMBER THE TWENTY-SEVENTH.

BREAKFAST.

Oranges.
Hominy grits—milk. Cream of veal hash. Toast.
Coffee.

LUNCHEON.

Goose à la Newburg in chafing dish.
Saratoga chips. Milk biscuits. Stuffed apples.
Tea.

DINNER.

Squash and goose bone soup.
Breaded mutton chops, tomato sauce. Lima beans.
Beets. Pudding à la Grande Belle.
Coffee.

Squash and Goose Bone Soup—At this time of the year use winter squash, cut into pieces two or three inches square, put into saucepan, cook slowly until tender. Press through a colander and return to kettle; add one pint milk. Rub together three tablespoons flour and three of butter; add this to the stock of bones left over from Christmas; stir until creamy; add pepper and salt and tablespoon onion juice. Serve.

Pudding à la Grande Belle—This pudding is economical and dainty if nicely made. Brush small molds with butter; fill with crumbed bread and dried English currants. Beat three eggs without separating, add one pint milk and four tablespoons sugar. Pour carefully over the bread and let stand five minutes. Place molds in baking pan of boiling water and bake in oven thirty minutes or steam half an hour. Serve with liquid pudding sauce.

Austin, Ill. Mrs. G. D. Kendall.

TUESDAY, DECEMBER THE TWENTY-EIGHTH.

BREAKFAST.

Baked apples.
Oatmeal. Egged veal hash.
Coffee.

LUNCHEON.

Oyster pie. Olives.
Muffins. Canned fruit.
Chocolate.

DINNER.

Marrowball soup.
Mutton à la Venison.
Spinach. Mashed potatoes.
Farina soufflé—currant jelly sauce.
Coffee.

Marrowball Soup—Let piece of marrow, size of egg, melt slowly. When slightly cooled add one cup grated bread crumbs, yolk of one egg, salt, nutmeg to flavor; mix well with little cold water. Take a teaspoonful, drop into boiling stock; do not cover the kettle; should the ball fall apart more bread crumbs should be added. Put the mixture in by the spoonful, and let boil slowly three minutes.

Mutton à la Venison—Three days before it is needed place five to six pound leg of mutton in pickling, two-thirds vinegar to one of water, sufficient to cover meat, one large sliced onion, two bay leaves. Turn the meat twice a day. When wanted take out of pickle, and roast same as any other meat. Season well.

Farina Soufflé—In one pint of boiling milk dissolve lump of butter, size of an egg, three-fourths cup farina, one-half cup sugar, pinch of salt. Boil about five minutes. Beat two eggs separately; whites to a stiff froth. Mix all thoroughly, add one teaspoon flavoring, and bake three-quarters of an hour. Serve immediately.

Currant Jelly Sauce—Dissolve three tablespoonfuls home-made currant jelly with half cup hot water, then add ten drops lemon juice. Serve cold. Miss K. Geige.

No. 440 Wells Street, Chicago.

WEDNESDAY, DECEMBER THE TWENTY-NINTH.

BREAKFAST.

Breakfast food with dates.
Oyster omelet.
Bread and butter.
Coffee.

LUNCHEON.

Pressed chicken. Scalloped apples.
Cream toast.
Jumbles. Tea.

DINNER.

Bouillon.
Olives.
Cold leg of mutton.
Mashed potatoes.
Turnips à la crême.
Graham pudding.
Coffee.

Graham Pudding—One cupful of sour milk, one-half cupful of molasses, two tablespoonfuls of melted butter, little salt, one small teaspoonful of soda in the milk, one cupful of stoned raisins, one cupful of bread crumbs, and two cupfuls of graham flour. Steam three hours and let stand in hot oven fifteen minutes to dry off. Serve with lemon sauce.

Lemon Sauce—Three-fourths cupful of sugar, one-half cupful of butter, one egg, the juice and one-half the grated rind of one lemon, one teaspoonful of nutmeg and one-half cupful of boiling water. Cream the butter and sugar and beat in the egg, whipped light, the lemon and nutmeg. Beat hard, then add the water, put into a tin pail, and set within the uncovered top of the teakettle (which must boil), until the sauce is very hot, but not boiling. Stir constantly. Mrs. C. L. Wilbur.

Lansing, Mich.

THURSDAY, DECEMBER THE THIRTIETH.

BREAKFAST.

Grapes. Scrapple.
Lyonnaise potatoes.
Buckwheat cakes—old style.
Coffee.

LUNCHEON.

Chicken croquettes. Brown bread and butter.
Plain cake. Apple jelly.
Tea.

DINNER.

Tomato soup. Maryland biscuit.
Baked spareribs—apple sauce.
Baked sweet potatoes. Baked onions.
Mince pie.
Coffee.

Buckwheat Cakes (old style)—Three pints buckwheat, one-fourth pint each of wheat flour and cornmeal, tablespoonful of molasses, three and one-fourth pints tepid water, a little salt; stir all together thoroughly; then add a penny's worth of baker's yeast. Let stand over night and before baking for breakfast add one-half teaspoonful baking soda.

Scrapple—Boil about one and a half pounds each of beef and pork until tender; then take from the fire and remove skin and bones, retaining the broth. Chop the meat fine and return it to the broth and season with pepper and salt. Stir in cornmeal and let it boil well as for mush, then turn into pans several inches deep. When cold cut in thin slices and fry as mush, though not so much lard is needed.

Maryland Biscuit—Three pounds flour, a little salt, one-half pound pure lard, water to make a stiff dough. Lay a cloth on the table, dredge well with flour, put dough on it, and beat with mallet or hatchet, sprinkling on it a little flour. Roll up and repeat for three-quarters of an hour; when it is ready it will snap when a bit is broken off. Take off what will make a nice size biscuit, knead it in the hands until smooth, prick with a fork and bake about twenty minutes in a good oven. Mrs. L. C. Cox.

Gettysburg, Penn

FRIDAY, DECEMBER THE THIRTY-FIRST.

BREAKFAST.

Fine white hominy or grits.
Breakfast toast. Boiled eggs.
Doughnuts. Coffee.

LUNCHEON.

Vienna chocolate. Bread and butter.
Welsh rarebit.
Soft gingerbread. Fruit.

DINNER.

Fried pork steaks. Boiled potatoes.
Stewed parsnips. Beet salad.
Wheat bread.
Pumpkin pie. Army coffee.

Vienna Chocolate—Put into a covered pot, set in boiling water one quart of new milk; stir into it three heaping tablespoonfuls grated chocolate mixed to a paste with cold milk; let it boil two or three minutes and serve at once. To make good chocolate good materials are required.

Fried Pork Steaks—Fry like beef steaks, add pepper and salt, or sprinkle with dry powdered sage if the sausage flavor is liked.

Stewed Parsnips—Wash, scrape and slice pieces an inch square; put into hot water and boil until tender; boil the liquor down if possible, if not drain; season with salt and pepper and a small piece of butter and remove to the back of the stove to prevent burning. When ready to send to the table, add one cup hot milk.

Beet Salad—Slice cold boiled beets; cut into neat strips; line a salad bowl with white, crisp lettuce; heap the beets in the center and pour mayonnaise dressing over them just before it goes to the table; or you can pass the dressing with the salad in a pretty bowl.

Pumpkin Pie—Pare a nice ripe pumpkin; slice into small pieces; boil with water enough to prevent burning. When tender rub the pulp through a colander. To one pint add one pint of good milk, two eggs, one cup of sugar, one teaspoonful of cinnamon, one-half teaspoonful of ginger, one-half teaspoonful of nutmeg, grated peel of half a lemon. Bake with under crust about half an hour.

Army Coffee—Coffee may be made quickly by placing the required quantity of cold water in the pot and adding the coffee, tied up in a sack of fine gauze or piece of muslin. Bring to boiling point, boil five minutes and serve. This is an excellent way to make coffee if one does not prefer the French drip coffee-pot.

Monroe, Wis. Miss Idelle Jennings.

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II. Grains, Cereals and Porridges.
III. Potatoes and Other Vegetables.
IV. Cake and Fried Cakes.
V. Puddings, Pies, Desserts and Ices.
VI. Fruits—Fresh and Cooked.
VII. Preserves, Jams, Jellies and Candy.
VIII. Salads.
IX. Pickles and Catsups.
X. Beverages.
XI. Sauces and Miscellaneous.

CLASS A—ANIMAL FOOD.

CLASS B—VEGETABLE FOOD.

BREAKFAST AND LUNCHEON BREADS— Page

BREADS, ETC.—Continued. Page

SANDWICHES—

WHAT THE AUTHORITIES SAY

"During the last seven years *The Chicago Daily News* has turned down at least one million dollars of "wild cat" financial advertising—an enormous sum, but it has lost nothing by it. To the contrary, it has profited by it, for the protection that paper has extended to its readers has made space in it the more valuable and more effective for honest legitimate advertisers."

—MAIL ORDER JOURNAL

"The continuous policy in the publication of *The Chicago Daily News* has been to keep it absolutely free from any alliances, political, social, or of any sort, so that the paper is always free to follow its own convictions in any matter. *The Daily News* has been essentially a Chicago paper, in that it has been made for the great reading public of Chicago. It has been a world-wide paper, in that it has reached out with an enterprise unsurpassed by any other newspaper in the country to secure the best news from all the world."

—NEWSPAPERDOM

"Mr. EDWARD HULTON, proprietor of *The Sunday Chronicle*, *The Evening Chronicle* and *The Daily Dispatch*, of Manchester, England, has been traveling through Canada and the neighboring republic inspecting the leading newspaper plants of both countries. Mr. Hulton believes Chicago leads the world for newspaper equipment, and he added that the city by the lake was certainly ten years ahead of London in this respect. He considers *The Chicago Daily News* to be the best equipped newspaper office in the world."

—THE MONTREAL GAZETTE

"*The Chicago Daily News* showed the American press how to make a newspaper bright, witty, up-to-date, keenly alive to every phase of city life, but yet clean and exemplary in motive and contents. It has always been able to attain all that the 'yellow' press has professed to strive for without using yellow methods. There is not in the world another newspaper like *The Chicago Daily News*. It has been independent, and it has printed the news. But it has also been conservative and restrained, and has always been squarely on the side of decency, good order, civic virtue, public spirit, and good cheer. It has employed an order of talent which was previously not in journalism."

—PROFITABLE ADVERTISING